

## Women's\* group - Staying healthy - Together we are stronger!

Join us, exchange ideas and discover your strengths and sources of strength. women of all ages with migration history may feel invited!

Topics: How can I sleep better? How can I calm down better?

What is good for me? How can I deal with stress better? What helps me to get through difficult times?

In addition to various information about the development of stress and stress management, the practical part includes movement, breathing and relaxation exercises that can also be used at home.


Little knowledge of German and/or English is sufficient.

Time: Tuesday 10.00 - 12.00

Location: Neuhofstr. 16a (blue door/bell freeflow)

Directions: Neuhofstr. can be reached on foot from Mönchengladbach main station. Bus lines from MG Hauptbahnhof direction Amtsgericht 002/ 004/ 090/ 097/ SB 081 and direction Matthiasstraße 002/ 019/ 033/ 097/ SB4/ SB81

Please bring: comfortable clothes, towel

The offer is free of charge - please register in advance 

Contact: Marion Gorzolka 0175/9969121 and 02166/1309766

m.herrmann-gorzolka@skm-ry.de