



## VIC Health Club

Make a good  
start to the week -  
join our PMR Class !

### PMR = Progressive Muscle Relaxation

This simple technique was developed by **Edmund Jacobson MD, PhD** in the 1930s.

Deep muscle relaxation releases physical tension resulting from stress - physical relaxation brings mental calm.

*No memorizing, no exercise, you just lie down (bring a mat, a blanket - and a cushion if you wish - whatever you need to make yourself comfortable), close your eyes and follow the instructions of the coach.*

When?

Mondays: 13-14

Where?

F10 - Staff Activities Area

**NEWCOMERS MAY ATTEND A TRIAL LESSON FREE OF CHARGE**

For more information please contact M. Hejtman ([m.hejtman@iaea.org](mailto:m.hejtman@iaea.org)) or E. Moedlhammer ([e.moedlhammer@iaea.org](mailto:e.moedlhammer@iaea.org))

The yearly VIC Health Club membership fee is € 5. The course fee is payable directly to the teacher.

THIS IS A CIRCULAR FROM A RECOGNIZED CLUB



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