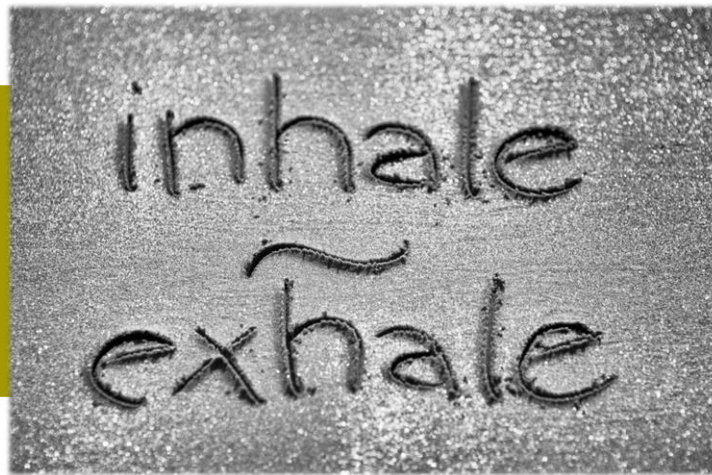


# *Stress Management & Emotional Balance Workshop*

Let's face it: modern living can be emotionally and physically draining. Family and work obligations often trump self-care, leaving our nervous systems primed to be in "fight or flight" mode due to the constant stressors that we face.

*This 3-week series is designed to help you:*

- ~ Learn practical strategies that you can use right away to **reduce stress** ~
- ~ Develop skills to manage **emotional ups & downs**, including anxiety & depression ~
- ~ **Feel empowered** to take control over your mental & physical health ~



Strategies taught during this workshop include meditation, breath work, the use of sound, aromatherapy, and other mindfulness practices.

**For more information and to register call at (619) 275-2286**

