



STRESSED OUT?

We Can Help! STRESS MANAGEMENT with Connie Heagerty

Everyone experiences stress on a daily basis and some level of stress in your life is good. However chronic stress accounts for approximately 90% of doctor visits.

Signs of Chronic Stress - fatigue, insomnia or poor quality sleep, anxiety, difficulty focusing, headaches, body aches, stiff or sore muscles and digestive disorders.

Techniques for stress management are not one size fits all. You must discover what suits you best according to your learning style, personality, personal preferences and lifestyle.

Join us for this experiential workshop where you will explore various de-stress techniques that can easily be worked into your everyday schedule.

**The Center, 1 Hoffman St. Ste. B, Auburn,
Fee: \$40.00**

Includes Meditation CD for home use.

Contact The Center at 315.704.0319 to Register