

Isn't it Time to De-stress & Nurture Yourself

Our society is extremely fast paced and at the end of the day, we find that we have had little or no time to ourselves. Learn ways to relax and de-stress the body, what foods help to reduce stress and cleanse the body, how to make better choices, ways to say no and set boundaries, ways to listen to your inner child and enjoy life much more, ways to listen to your body and know what it needs each day.



Presented by: Adele Caruso, H.C.C.
Holistic Health Counselor

Thursday, March 4th, 11:00am

Members Lounge

Registration is required! Space is limited to 60 people!