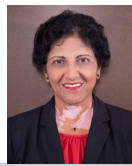


# “DEFEAT YOUR STRESS” WORKSHOP!



TO



- **Dr. Jaya Prakash**, Physician (Retd.), Professor, Health and wellness coach and an Author of "Diabetes What's the Big Deal" is passionate about helping people deal with day-to-day stress, so it does not overwhelm them.
- Her techniques are deeply rooted in mindfulness for busy people.
- You will learn techniques that can be used anywhere, anytime and any number of times.
- **Defeat your stress daily!**
- **Cost: \$25**

**Workshop: July 15th, 2023, Sat.  
10:30 AM to 11:30 AM**

Additional dates on the calendar

Book using the QR code

**Location: 6550 N. Wickham Road, Suite 1,  
Melbourne, FL 32940**



**COACHJAYA4HEALTH, LLC**

6550 N. Wickham Road, Suite 1,  
Melbourne, FL 32940

Office: 3213419875

Cell: 630.715.6881

Coachjaya4health.net

coachjaya@coachjaya4health.net