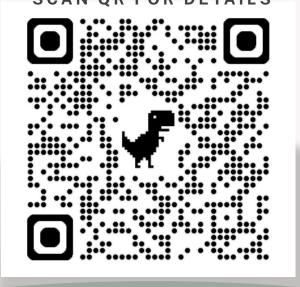


35 MINUTE SINGLE SESSION, SCAN QR FOR DETAILS



MAINTAIN YOUR WELLBEING AND HEALTH WHILE CARING FOR ANOTHER

Who: Caretakers and those managing age related conditions

What: Personal coaching that supports healthy movement, and nervous system regulation with mindfulness and gentle movement.

Benefit from Better health and sleep, and less stress on the body so you can be there for yourself and your loved one.

ONLINE AND MOBILE TRAINER, (979) 400-8050