

Befriending the Nervous System



Join Nicole Kardine of Rooted Therapy for an informative workshop where we will explore the nervous system. You'll leave with a better understanding of how you experience the various states of our nervous systems and resources to support healthy nervous system function.



Saturday, October 10



1:00 pm - 2:30 pm

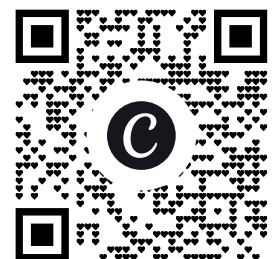


**525 East Gay Street
West Chester, PA 19380**



Cost: \$15

Scan to register



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