

Mind Body Wellness Course

**Are you stressed?
Do you want to take charge of your health
through lifestyle modifications?**

WE CAN HELP!

This 7-week program will help you develop self-care tools to manage your stress, improve your lifestyle & enhance your quality of life.

Program Highlights

Physiology of stress response

Relaxation response

Meditation techniques

Diet & Nutrition

Sleep

Yoga & exercise

**Attitudes, perspective, &
health**

Forgiveness & gratitude

