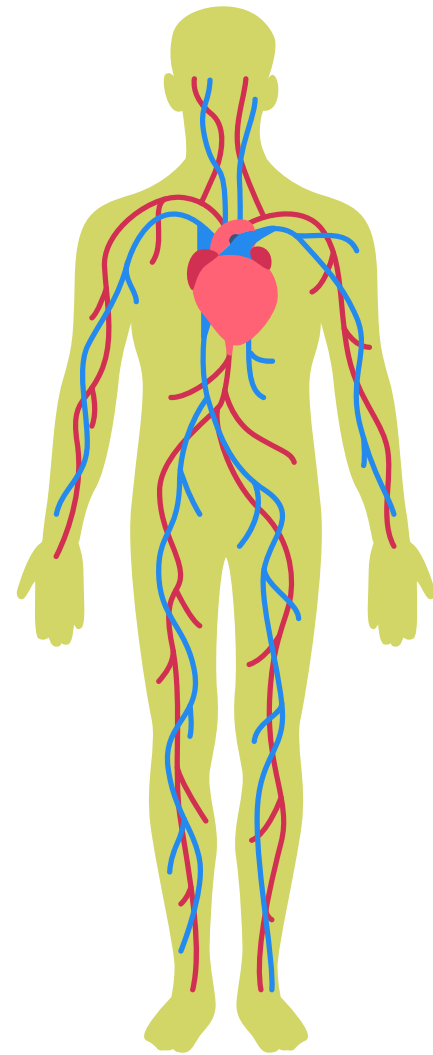


## Regulation: The Foundation for Growth

Understanding the Vagus Nerve, Nervous System Support, and Practical Daily Tools for Families



Learn how the nervous system impacts behavior, emotions, sleep, digestion, and daily functioning

Discover the role of the vagus nerve and why regulation matters for connection and growth

Walk away with simple, practical tools you can use at home to support calm, focus, and emotional regulation



Saturday June 20th  
9:00am – 12:00pm



bloom work & play



Certified Nutrition & Health Practitioner, Muscle Testing Specialist, and Mindset Coach focused on root-cause healing and whole-family wellness.

GET YOUR  
TICKET HERE

