



# STRESS MANAGEMENT GROUP

*You can do  
anything  
but not  
everything.*

Upwards N Onwards, LLC  
2075 Centre Street  
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If stress is impacting your daily life, and you need a break, join this group. Discover the power to change it all by improving your ability to manage the everyday stress we all encounter.

Understand how your body responds and strategies you can use to destress during the day. Call today to schedule your screening appointment. Insurance accepted. Self pay \$25-35 per session. Date and time TBD. Call if interested. 617.922.3910