



Lisa Adams,
Corporate Stress Management
Expert | Nurse | Author | Speaker

The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

***Changing Women's Lives
One Woman at a Time***

For more information about ABWA's MoKan Chapter, contact us at ABWAMoKan@gmail.com or visit our website at www.abwamokan.org.



MoKan Chapter

Feeling Chronic Stress?

**Lisa Adams, Spirit of
Namaste Health &
Wellness Center**

**Wednesday, June 10, 2020
Zoom Virtual Meeting**

Social Hour...5:30-6:00 p.m.; Presentation...6:00 p.m.; Chapter Business Meeting...6:45 p.m.

Join the MoKan Chapter of ABWA on Wednesday, June 10 for a networking social time followed by regular chapter business and program.

Lisa Adams, owner of Spirit of Namaste Health & Wellness Center, bridges the gap between traditional & holistic healthcare, providing proven strategies to better manage the effects of chronic, unmanaged stress — the leading cause of disease, poor work performance & life dissatisfaction.

Chronic stress is not only detrimental to individual health, it drains the financial wellbeing of business, resulting in lost productivity, burn-out, costly mistakes, high turnover & soaring insurance premiums & workers comp. As the author of "America's REAL Health Care Crisis," she teaches overwhelmed professionals & healthcare providers how to:

- Recognize the role chronic stress plays in total body wellness
- Get better sleep
- Recognize the relationship between weight loss & unmanaged stress
- Reduce pain
- Achieve optimal wellness
- Experience more joy in life & at work

Event cost is free, look for the Zoom meeting information in chapter's email or on the calendar in Community Connections. As a guest, please join us by emailing our chapter at ABWAMoKan@gmail.com for details on how to join!