

Is *Stress* a Cause of Pain in Your Body? Let Us Help!

Stress.org says that **80%** of workers feel stress on the job, **nearly half** say they need help in learning how to manage stress and **42%** say their coworkers need such help.

62% routinely find that they end the day with work-related neck pain, **44%** reported stressed-out eyes, **38%** complained of hurting hands and **34%** reported difficulty in sleeping because they were too stressed-out.

If this sounds like you or someone you know,
try our 90 minute Mind-Body Release Session for Only \$90!



What's Included in a 90 minute Mind-Body Release Session?

- 30 minutes of Choice Freedom Life Coaching
- 50 minutes of Therapeutic Massage
- 10 minutes of Guided Meditation
- "Lighten" Aromatherapy Blend

Benefits of Blending Life Coaching, Massage and Meditation:

- Better health and reduced stress
- Assesses Existing Thoughts and Emotions
- Promotes Self-Awareness
- Assists in Muscle Release and Relaxation
- Observes Behavioral and Linguistic Patterns so that Hidden Saboteurs Can Be Discerned
- Set Specific Goals
- Assists in Making a Plan of Action and Then to Follow it to Reach Desired Outcomes
- Guides the Client Through Visualization Processes that Allow Them to "See" Themselves in a More Freely Flowing Body.
- Encourages Positivity and Healing

Visit www.ACultureOfWellness.com
How can we help you reach your goals today?

Our Vision:

**Choice Freedom
Life Coaching Coupled
with Therapeutic
Massage, Guided
Meditation and
Aromatherapy Leading
to Longer Lasting Pain
Relief from the Effects of
Stress on the Body**



This is a new and progressive wellness idea.

What would it be worth to you to simply have a conversation that could lead to pain relief?



CONTACT US TODAY!

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