



Stress Management

Using Holistic Modalities: We all experience stress. Even the good things in our lives can cause stress. It is very important to know when we are stressed and some ways to decrease our stress so that it does not negatively affect our health. Led by a Certified Holistic Nurse and Reiki Master, this session will introduce and help you to experience some useful Holistic Modalities such as Aromatherapy, Meditation and Energy Healing (Reiki).

Friday, 8/4

Time: 9 am - 11 am

Travel Time: None!