



HOW TO AVOID HOLIDAY STRESS

a Stress Reduction Experience *at The Center*

Saturday, Dec. 4
9 am - Noon

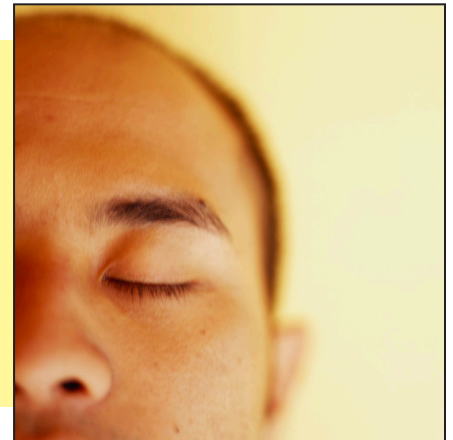
Give a gift to yourself!

Just a week after the rush of “black Friday” shopping madness, do something kind for yourself this holiday season. Learn how to reduce stress with self-care techniques that will last you through the season —and the rest of your life.

The Center will host a “Pre Holiday Stress Reduction” workshop featuring acupressure and reflexology. In this Saturday morning class, you will discover new ways to relax and avoid the pressure and stress that December can bring.

Event Highlights

- Enjoy a guided deep relaxation meditation
- Learn simple techniques you can do to reduce stress through acupressure (firm pressure of the hands; no needles required!)
- Pin-point key areas on the surface of the skin to stimulate the body’s self-healing abilities
- Learn how and when to use the techniques
- Discover the healing properties of reflexology and techniques to help yourself



Workshop led by:

Paula Pennington RN, Lac.
Sue Kime LMT, CYT

Fee:

\$45/person (includes materials and 3 hours of instruction)

Register:

Call 330.576.6182
or email info@healingpsychiatry.com



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