



**Please Join Us in Celebrating Good Health!**

## **STRESS MANAGEMENT SESSION**

# **MANAGE YOUR STRESS FOR OPTIMAL LIVING**

### **Learn about...**

- Various types of stress and how to manage
- How to restore the body's sense of balance
- How stress can affect our lives in many ways: eating patterns, digestion, mood, sleep patterns, energy level and immunity to disease
- Specific foods that promote sleep, relaxation, and energy levels

**CLICK HERE TO WATCH**

