



**We Can Help!**  
**STRESS MANAGEMENT**  
**with Connie Heagerty**

Everyone experiences stress on a daily basis and some level of stress in your life is good. However chronic stress accounts for approximately 90% of doctor visits.

**Signs of Chronic Stress**

fatigue, insomnia or poor quality sleep, anxiety, difficulty focusing, headaches, body aches, stiff or sore muscles and digestive disorders.

Techniques for stress management are not one size fits all. You must discover what suits you best according to your learning style, personality, personal preferences and lifestyle.

Join Us for this hands on class where you will explore various de-stress techniques that can easily be worked in to your everyday schedule.

**Contact The Center at 315.704.0319 to Register**  
**[www.TheCenter4Wellness.com](http://www.TheCenter4Wellness.com)**



**We Can Help!**  
**STRESS MANAGEMENT**  
**with Connie Heagerty**

Everyone experiences stress on a daily basis and some level of stress in your life is good. However chronic stress accounts for approximately 90% of doctor visits.

**Signs of Chronic Stress**

fatigue, insomnia or poor quality sleep, anxiety, difficulty focusing, headaches, body aches, stiff or sore muscles and digestive disorders.

Techniques for stress management are not one size fits all. You must discover what suits you best according to your learning style, personality, personal preferences and lifestyle.

Join Us for this hands on class where you will explore various de-stress techniques that can easily be worked in to your everyday schedule.

**Contact The Center at 315.704.0319 to Register**  
**[www.TheCenter4Wellness.com](http://www.TheCenter4Wellness.com)**