

The Lunch and Learn Wellness Workshop Series:

## **“Freedom from STRESS Workshop”**

Stress is everywhere. Can we really expect to live happy and fulfilling lives when things like our health, our finances and our relationships sometimes seem so out of control? The answer is a resounding yes. And I will show you how.

What you will learn at this workshop:

- What one shift in viewpoint can release you from a huge amount of stress?  
I'll tell you.
- The best nutritional supplements to help your body stay healthy during stressful times.
- All stressed out? The best quick stress reliever. Sorry, it's not a smoke or drink!
- Stress-related health problems? I have that covered too.
- Is laughter really the best medicine? Come and find out.
- And much more.

The workshop is ½ hour long and done on your lunch time. It is hands-on...limited to the first 6 people who sign-up. You will leave with information that can immediately help you better handle stress. I will serve you a tasty and nutritious lunch too! And we will raffle off prizes(movies theatre tickets, massages, etc.).

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_

To Sign up: \_\_\_\_\_

Guest Speaker: Dr. Joseph M. Casalino IV, D.C.  
Corporate Wellness Consultant

**LUNCH WILL BE PROVIDED**