

Stress

relieve, reduce, resolve



Please RSVP • 617.926.1230 • boston@us.brahmakumaris.org

Why so stressed? Is it work, a relationship, exhaustion or a combination of stuff? Stress is an integral part of our life experience. When tension builds up... if we don't release it, we can become like a pressure cooker on the verge of exploding. So, when stress takes over, it's essential to:

- **Relieve:** Find easy ways to release the tension and increase your positivity.
- **Reduce:** Know your stress triggers to understand and deal with them.
- **Resolve:** Why wait for the stress to build up? Build your capacity to handle life!

Join us for tips on how to relieve, reduce and resolve your stress

Thursday, February 23, 2017
7:30 - 8:30 PM

It is recommended that you arrive early to take full advantage of the meditation at the start of the event from 7:00 to 7:30 pm

All are Welcome. Free of Charge.



At the Brahma Kumaris Learning Center for
Peace
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