



# Stress Management



Constant stress on our bodies and minds can contribute to chronic health issues such as fatigue, lowered immunity, and poor digestion.

Come and learn techniques to cope with and reduce stress from nutrition and exercise to massage therapy.

## Stress Management Schedule

Classes held on Saturdays 11:00am - 12:00pm

**September 2 & 9, 2017**

Free for Calvo's SelectCare members on a "first-come, first-served basis." To register, please call Dr. Horinouchi's Wellness Clinic at 646-9333.

## Wellness Workshop

Saturdays 11:00am - 12:00pm

**July 15** Digestion & Food Allergies

**August 19** Childhood Development  
(including discussion of ADHD, Autism)

**September 16** Hormone Balance

**November 18** Detoxification