During times of stress, emotional uphe with Dr. Nancy Zarse FEEL LIKE YOURS.

DROWNING IN STRESS?

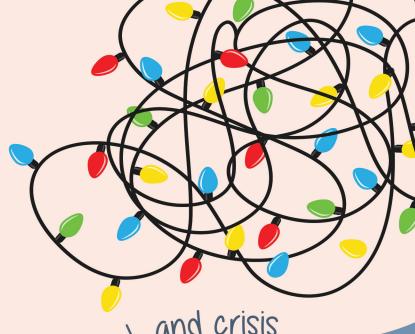
School. Work. Family. Health. Racial tension. Political upheaval.

Oh, and have you finished (or started?) your holiday shopping??

That's why you need this workshop. One hour, online. Easy.

Dr. Zarse understands the pressures of life, and more importantly, how to manage it. She'll explain the impact of stress and the how-to of self care. With her extensive clinical experience in the areas of stress, crisis, and trauma, Dr. Zarse will share the common elements of resilient people and the characteristics of the happiest countries in the world.

She'll help you figure out how to balance all the STUFF and develop a SIMPLE, personalized wellness plan. She'll get you on the path to living your best life ... even if you haven't finished your holiday shopping.



with Dr. Nancy Zarse, PsyD

THURSDAY DEC. 8, 2022

REGISTER

3:45-4:45 PM VIA ZOOM

