

"Surviving Stress"



JOIN US FOR THIS WORKSHOP

•Learn:

- How stress affects your health, both good (yes good) and bad
- How to leverage your mindset to your advantage when you are stressed
- How you can take productive steps to manage stress rather than be consumed by it

Aware you have lots of stress but not sure how to properly deal with it to allow you to be healthy, happy, and productive? Maybe it's time you looked at stress from a different perspective. Join Dr. Joe Musolino, chiropractic physician and nutrition counselor, and Dr. Amy Iaquinta, functional medicine practitioner and mindset specialist, on Wednesday, January 11 at 6 PM for the first Wellness Workshop of 2023! In this hourlong presentation, Dr. Joe will explain the physiologic effects of stress on the body and how it relates to weight gain and poor health overall, while Dr. Amy will discuss the mental strategies you can use to turn stress into a weapon to your benefit, not detriment. And if you're "stressing out" trying to decide whether to attend or not, then think you know the answer. Hope to see you there!

WHEN:

Wednesday, January 11
6:00 pm - 7:00 pm

WHERE:

HealthFit Fit U Center

REGISTER:

www.healthfitmovement.com/workshops

or

use QR code to right

or

call 847.873.0032

