

Got Stress?

Stress Management Workshop

Brought to you by the Spirit Revival Hypnosis Center

Stop letting stress control your life !

Did you know high levels of stress can:

- Raise your susceptibility to disease?
- Accelerate the aging process.
- Have severe adverse effect to diabetics.
- Cause burnout leading to depression, anxiety, insomnia, etc...

Come join us and learn how to manage your stress in this informative and interactive workshop.

During this workshop you will learn;

- Causes of stress (you may be surprised)
- Symptoms of stress and its adverse effects on your life.
- How stress is a direct contributor of poor health.
- How the current stress in your life can effect your health if not controlled.
- Practical techniques to manage your stress.
- How to develop an action plan to reduce your stress.

For more information or to register for the workshop, log onto www.SpiritRevival.com. Space is limited !

Saturday March 14th 2008

7pm -10pm

Bald Eagle Commons

179 Cahill Cross Rd, West Milford