



JUVENESCENCE

Reduce Your Stress...

Tele-Class Series

And bring the Joy back into your life!

May 29th & June 4th, 5-6:30pm

Stress is a silent killer. Most people don't realize that stress causes...

- Accelerated Aging
- Weight gain
- Cardiovascular disease
- Diabetes
- and Chronic Fatigue

Just to name a few. People take better care of their cars than they do of themselves. This two week series will set the stage for a stress-reduced lifestyle. Benefits include...

🍃 *Anxiety reduction*

🍃 *Restorative sleep*

🍃 *Increased energy*

🍃 *Weight release*

🍃 *A more youthful look*

Managing stress is the key to living a long, healthy and joyful life. Join us for an interactive two week tele-class series given by Robin Nielsen, NC (www.juvenescence.net) and Kathleen Ronald (www.speaktacular.com).

- ▶ Understand the health implications of stress
- ▶ Learn about the role of nutrition for managing stress
- ▶ Identify your limiting beliefs that are fueling your stress
- ▶ Define Your Personal Stress Blueprint
- ▶ Create solutions

Register Early!!

Registration by May 16th: **\$187** OR

Registration from May 17th-May 23rd: **\$225**

Register by calling: 408.779.8363 or **emailing** register@juvenescence.net

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