



WELL HEALTH

For LIFE

Where: Practice Pilates

When: November 12 2011 - 2:00-4:00 PM

Price: \$25 pre-registration \$30 @ the Door

StressLESS Workshop

Stress is America's number one health problem today. Stress has been linked to all the leading causes of death including heart disease, cancer, lung ailments, accidents, cirrhosis, and suicide. It comes in all forms and affects people of all ages, and all walks of life. An important goal for those under stress is the management of life stresses. Elimination of stress is unrealistic. Instead we will learn to manage stress so that we have control over our stress and its effects on our physical and mental health. You will learn how breathe, movement, and mindfulness practices can support good health and well-being and minimize the negative effects of stress.

We'll help you recognize the stressors in your life and learn how to cope with them more effectively.

Once you establish healthier patterns of thinking and responding to stressful situations, you'll find that you can become truly resilient and start to thrive!

Wear comfortable clothing, please!