

STRESS MANAGEMENT FOR BUSY PEOPLE

Are you busy every day? Does life feel like a marathon sometimes?

Are you feeling burnt out, tired all the time or overwhelmed?



Life is demanding. Work and family are enough without the million other things that need your attention; chores, errands, holidays, soccer practice, dance lessons, on and on.

So how to manage when you're feeling totally stressed or overwhelmed?

This **FREE** workshop is for you. Sarah Dionne and Melissa Shea are mental health counselors/life coaches that help people manage busy lives with a calm mind and healthy body.

You will learn about the impact of stress, how to know if you're facing 'burn-out', and concrete ways of bringing stress down even during your busy schedule.

Join us at the office of NerdsToGo,

February 13th, 6pm - 730pm

63 Tremont St unit A in Taunton, MA, 02780

Need more information?

Contact Sarah Dionne at 207-333-8521, Email : mindbodyspirit@sarahdionnelicsw.org