



Stress & The Holidays: *Learning To Enjoy the Most Wonderful Time of the Year!*

Want to bring rest, rejuvenation and refuge to your staff this year?

Give them the gift of a 1-hour workshop, where they'll learn how to

- lessen their stress,
- eliminate the chaos, and
- get more enjoyment

out of this year's Holiday season!



[Contact Us](#) Today for available dates and pricing.
(866) 645-1810

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