



Stress Management Sessions

Mondays 6pm – 8pm | Feb 9, Feb 23, Mar 2, Mar 9, 2015

Who will benefit:

- Anyone who wants to be more resilient to the daily stress in life

What you'll learn:

- Mind / body techniques for relaxation
- Nutrition for increasing resilience to stress
- Healthy lifestyle changes to reduce daily stress
- Apply skillful techniques to successfully cope with stress

About the program:

- 4 weekly intimate group sessions at our clinic (28 Park Road – Yonge & Bloor)
- Incorporating clinically proven therapies: mindfulness, positive psychology and cognitive behavioural therapy (CBT)
- \$250, including all course materials
(reimbursable by most extended health insurance plans)

Email info@wholehealthtoronto.com to register or for more information



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I care. I listen.