

Revitalize through Self-Care



Self-care is the key component to improving the physical, psychological, emotional, and spiritual components of an individual's wellbeing.



Our wellness session offers a fantastic learning experience in the use of self-care as a tool to release tension and give emotional and physical balance.



We discuss the different areas of self-care nutrition, sleep, exercise, social life and relaxation techniques.



This dynamic and interactive learning session ends with a gentle relaxation massage that includes back, head, shoulders and hands.

Place: _____

Date: _____ Time: _____

Space is limited. For more information please contact:

