



FREE WEBINAR

FROM STRESS

TO SERENITY

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Wednesday
August 28th 2024
12:30pm Eastern



Managing stress effectively is crucial for maintaining both physical and mental health. Chronic stress can lead to numerous health issues, including anxiety, depression, heart disease, and a weakened immune system.

By incorporating healthy stress management techniques into your daily routine, you can improve your overall well-being and resilience.



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Speaker

Dr. Holly Kendra, ND, LMT