Stress Solutions for Life  
a three-part class to help you lead more a balanced life

Do you have too much stress in your life?  
Are you dealing with anxiety, depression or chronic fatigue?  
Are you ready to move beyond old thoughts and fears?  
Are you ready to connect with your inner wisdom?  
Are you just plain stressed?  
If you’re experiencing any of these, this class is for you!

❖ Why the simple act of a correct breath is an antidote to stress  
❖ Learn to correct old, unhealthy breathing patterns  
❖ Learn to deepen your breath and expand your awareness  
❖ Create more energy for your body and your life

❖ Understand how your stress impacts you  
❖ Learn techniques to relax in the face of tension  
❖ Create long-term relief from physical and psychological symptoms

❖ Learn how long-standing thoughts and perceptions can actually create or contribute to stress  
❖ Learn how to recognize, stop and reframe negative thoughts that worsen the stress response.  
❖ Learn new and powerful techniques and skills to master your thoughts around stressful situations

The course is designed to be taken in its entirety. If you are unable to attend all three sessions, please consider attending a future offering (December 2, 9 and 16, 2015).

Instructor: Lynn Gerrits, MA  

Lynn is a Master’s-level mental health clinician and has been teaching stress management for over 20 years. Her comprehensive approach to managing stress has helped hundreds of people live a happier and more balanced life. Visit our website to view student testimonials (located within the class description in the calendar).