Is Your Life Stressful?

COME JOIN OUR

Free Mindfulness Techniques Class

Thursday, February 27th at 5:30

Tangible Techniques for Mindful Stress Reduction

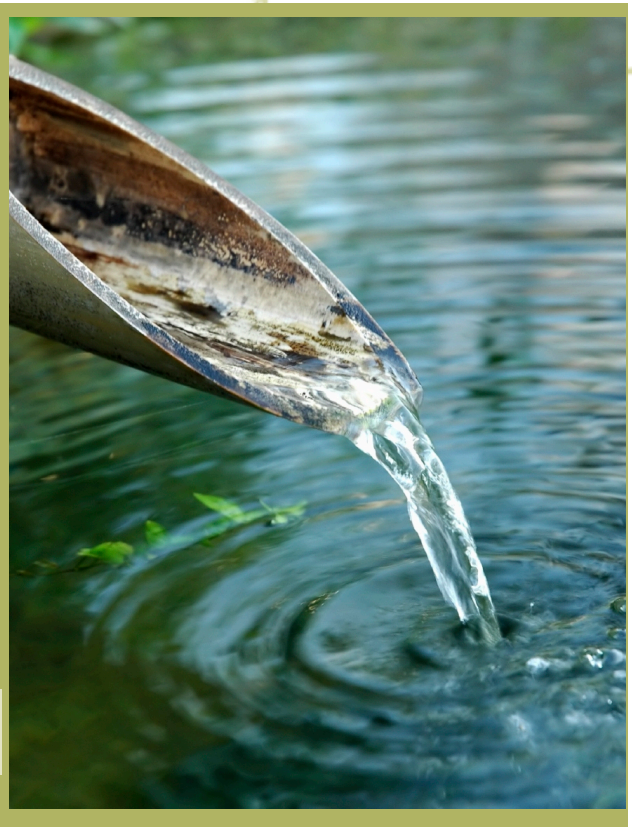
You will learn a holistic combination of:

- a series of acupressure points
- mindfulness stress reduction tools

to relax your body and mind.

This class is free and open to the public.
Call us at (206)708-0640 or (206)903-1232.

Create Calmness in this busy world



Medical Dental Building
509 Olive Way Suite 1055
Seattle, WA 98101

Thursday, February 27th
5:30-6:30pm

Class will be taught by Seattle's own:

- **Roger Moore, Hypnotherapist**
  www.HypnosisHealthInfo.com
- **Jenna Beem, Acupuncturist**
  www.HealthDiscoveryAcupuncture.com
- **Corey Miller, Acupuncturist**
  www.HealthDiscoveryAcupuncture.com