



Holistic Stress Reduction Program

March 17, 2012 9:00 AM-4:00 PM (Lunch included)



Stress has become one of the leading causes of chronic illness. Is stress affecting your life and health? Is your life out of balance? Do you feel over worked, overwhelmed, and is your life filled with stress? Do you need help learning how to reduce and manage stress?

You are invited to learn Holistic Stress Reduction modalities, mindful meditation skills and healthy stress management techniques. Learn how to integrate Alternative and Complementary Health to live a more balanced life.

Presenter: Lisa Van Getson, Nurse Practitioner, DNP (c), Hermitage Farm Healing Arts Practitioner. Please read Lisa's Bio on www.hermitagefarm.org

REGISTRATION FORM

Holistic Stress Reduction Program March 17, 2012

Make checks payable to Lisa Van Getson

Cost: \$100

Mail to: Hermitage Farm Center for Healing
6415 West River Road NW
Rochester, MN 55901

Name: _____ Phone: _____

Email: _____