

TREATING ANXIETY: A HOLISTIC APPROACH

**ARE YOU EXPERIENCING ANXIETY ON A DAILY BASIS?
ARE YOU INTERESTED IN A ROOT CAUSE APPROACH?**

We all encounter feelings of nervousness, anxiousness, and even fear. These feelings are what we sometimes term anxiety. Anxiety is natural when we are presented with situations of high stress or potential threat. However, some may encounter these feelings more frequently to the point that they affect or limit normal functioning. This can be caused by a variety of underlying stressors on the body.

Some of the things you are going to learn are:

Daily habits that can help decrease anxiety
The brain-gut connection in relation to anxiety
Simple technique to decrease anxiety daily

and much more....

Details:

Date: Friday July 26, 2019

Location: Pura Vida Wellness

5806 York Road Baltimore, MD 21212

Time: 6 - 7 PM

RSVP: <http://bit.ly/2YEh022>



Dr. Santiago Nevarez, ND LAc



RSVP

