

Health Workshop Series - Stress

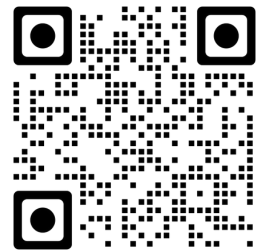
In this workshop, Dr Louise (chiropractor) will uncover the causes of stress, and reveal the secrets to supporting the central nervous system to better manage the negative effects of stress.

Chronic stress can cause a range of health problems from increasing our risk of heart attacks or strokes to weight gain and the diseases that go along with it.

Join us for this insightful workshop about stress and its impact on the central nervous system. Discover ways to manage negative stress and enjoy a life of optimal vitality!

Wednesday 03 December 6:00pm - 7:00pm
Chiropractic Life Casuarina
46 Vanderlin Drive, Casuarina

★ **Bookings required! Scan QR Code to book**
Host: Chiropractic Life Casuarina
W - www.chiropracticlife.com.au



NO COST to attend!

To find out more about this activity, contact the host directly.



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