

Hurricanes and Holidays...

Who couldn't use some stress relief?

Herbal Solutions for Stress and Anxiety with Sallie Dixon

Stress and Anxiety seem to have become all too common in our daily lives not to mention coping with the holiday season and the effects of natural disasters.

Thursday evening November 15th from 6 – 8pm

\$35 at the door or \$30 in advance by reserving with Sallie: email at sallie.dixon@gmail.com by phone/text at 850-544-3342 OR Pat at BodyworkandBach@gmail.com (850) 616-1305



This class focuses on two types of herbs, Adaptogens and Nervines, proven to relieve the mental and physical effects of stress and anxiety.

Learn which herbs:
Increase Energy and Improve Stamina
Increase Mental Focus
Balance the Emotions and Calm the Mind
Help release tension
Help improve sleep



110 7th Avenue E, Havana, FL 32333 ~ www.BodyworkandBach.com