



Where Miracles Happen

is offering

De-Stress Your Life!

- ...Stress is a killer! It has been proven that it is a major contributor to many serious health problems.
- ...Stress manipulates your life by creating chaos in relationships, finances, and even your happiness.
- ...Stress is a path to self-destruction!

In this class you'll learn:

- ◆ What stress is
- ◆ How it affects your health, relationships, happiness
- ◆ A different response to stress
- ◆ Simple steps to be free of stress
- ◆ How to remain peaceful no matter what
- ◆ How wonderful life can be without stress

Sign up today so you can begin to really enjoy your life!

April 19, 7 – 9:30 PM

Cost: \$30

Presented by Dr. Carolyn Porter