

Dealing with Stress - the Healthy Way

Join Sara Shaver and Sarah Kravick of Compass Counseling as they share how stress can interfere with all aspects of our lives including health, relationships and work. They will also share ways to manage and cope with stress in healthy ways!

Tuesday, April 5th 6pm

Blau Family Chiropractic

641 Latton Lane, Portage WI

Please call
742-1300
to register for
this free class!

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