



Join our

Wellness Workshop

Thinking about the Holidays, have you
feeling frazzled?

This time of year can bring on tension and anxious feelings. This workshop will teach you mindfulness tools, to guide you through the upcoming Holiday season.

Hosted by Nancy Kopperud
LMT & Clinical Hypnotist

November 26, 2023 @ 2:30PM

\$120.00 per person

Seats are limited, call (815) 776-5772 to
reserve your spot today!

