

WILLOW CREEK COUNSELING ASSOCIATES

*Make self care your
New Year's resolution*



Mindfulness and Stress Reduction Group

Learn to manage stress and anxiety
and enhance your
health and well-being.

*Date: Saturdays, 10-11:30am, during the month
of February*

*Details: 5-point acupuncture (optional) with
guided meditation followed by discussion*

Cost: \$200 per participant



For more information contact:
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