

Reduce stress while
improving your
happiness & overall
health

Individual, couple or
group sessions
available

On-site seminars for
businesses, private
corporations,
government agencies,
& nonprofit
organizations



You Can Achieve States Of:

- Deep Relaxation
- Heightened Awareness
- Organization & Efficiency
- Balance

REDUCE STRESS NOW!



*Licensed Therapists
Throughout
MD/DC/VA*

301.229.0044

wellnessseminars.net



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REDUCE STRESS NOW!

We are licensed psychologists in private practice for over 35 years, specializing in effective stress reduction programs. Our goal is to help ambitious people with demanding schedules reduce stress and promote a state of well-being. We recognize that each person's circumstances are different and we tailor our programs to fit the specific needs of our clients.

An overly stressful environment is dangerous to your health. Stress is commonplace throughout one's day in the workplace, at home, and in-between. However, excessive stress and anxiety can lower productivity and job satisfaction. Stress can also be a significant risk factor for medical conditions like heart disease, asthma, and even cancer. Our seminars will share powerful techniques for stress management to use on a daily basis.

