



FEEL MORE CALM THIS YEAR

That person inside of you who feels like life is rushing right by. This year who's going to make you feel more calm, more focused and more present? YOU ARE!

"How to Stay Calm in the Midst of Chaos"

JOIN KAREN!

SUNDAY, JANUARY 29TH

7:00-8:15 PM

THE THERAPY TREE-89 CEDAR AVE.-LAKE VILLA

\$15

Register by 1/27 at the front desk or 847-508-6679

Learn the tools & take home a tangible reminder you can use when feeling overwhelmed with worries, concerns & fears.