

CONQUER YOUR EMOTIONS

Tuesday March 2nd

6:00

- Do you experience **anxiety**?
- Do you have trouble sleeping?
- Do you have **difficulty concentrating**?
- Are you always nervous?
- Are **nutritional deficiencies** causing you problems
- Do you have shortness of breath?
- Are you taking **anti-depressants** or **anti-anxiety medication**?

If you answered **YES** to any of these questions then this workshop is for you.

- Find out what **hormones** are *affecting* your emotions.
- Learn about a **free 2 minute test** to determine what brain chemicals you may be lacking!
- You will also learn how to **fight anxiety, depression and sleeplessness NATURALLY!!**

ANXIETY
REDUCTION



Presented by: Dr. Josh Shields
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Seating is limited, so call TODAY to reserve your spot
(770)253-5040

