

FREE COMMUNITY WORKSHOP

The Science of Stress: How It Works and How to Beat It!



Tuesday, October 17th, 2017 • 6 p.m.
Tuesday, November 28th, 2017 • 6 p.m.
Monday, December 11th, 2017 • 6 p.m.

We all experience stress in our daily lives. In this free workshop, you will find out how stress affects your body physiologically. Stress hormones, lack of sleep and increased physical demands can wreak havoc on your entire system.

Join Jenna Richardson, Clinical Director, and Patti McDougall, Integrative RN, for this informative evening. They will provide you with tips to beat the stress in your life using the many tools available through functional medicine.

Princeton Integrative Health
Repair. Rebalance. Restore.



DATE

October 17th • 6 p.m.
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December 11th • 6 p.m.

COST

FREE to the public
(Seating is limited)

LOCATION

Princeton Integrative Health
134 Franklin Corner Road,
Suite 101B
Lawrenceville, NJ 08648

QUESTIONS

info@princetonih.com or
609-512-1468

Take Control of Your Health
Join Us for a Free Community Workshop

Princeton Integrative Health offers free wellness workshops throughout the year to help keep you healthy in mind and body.

Check our website for updates and new listings at princetonih.com/events.