

Stress Management

to Renew Your Life & Health

A Workshop with
Dr. Richard Pinneau

In this workshop Dr. Pinneau teaches you to:

- Take yourself to the centered, calm, comfortable state of mind where your body is in balance and your performance is at its peak.
- Train yourself to reach that center of calm and clarity at a moment's notice — and sustain that calm when "all those about you are losing theirs."
- Identify the triggers that stress and distress you so you take control & respond positively, the way *you* choose.
- Reverse processes by which stress causes pain and illness — and use the mind instead to *heal* the body.
- Trouble-shoot current diet and exercise habits so that both mind and body are more resilient under stress.
- Improve the quality of your sleep and become the source of your own positive energy.

This inexpensive, three-hour, learn-by-doing workshop includes handouts and web-based resources.

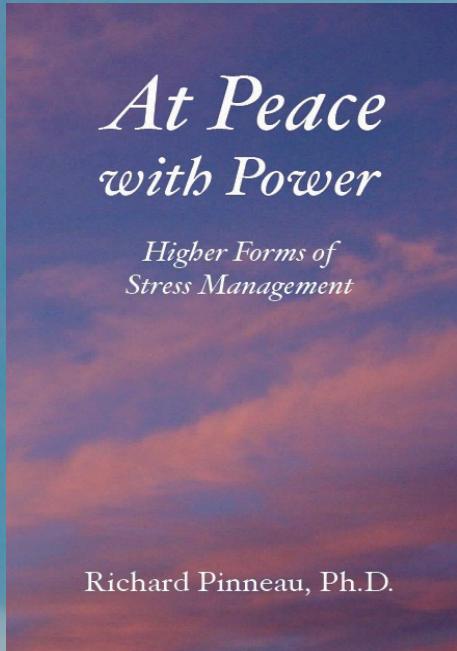
You may make your **\$35** registration through your local sponsor (**discounted** to **\$25** if paid 7 days early).

Dr. Pinneau has thirty years of experience teaching stress management: biofeedback, relaxation therapies, meditation, yoga, and other holistic methods to promote wellness.

His doctoral dissertation at the University of Michigan studied how job stress affects worker health. After teaching at Wake Forest University Medical School he became the first psychologist in North Carolina to open a private biofeedback clinic. Now based in Colorado, Dr. Pinneau travels nationwide to speak and consult on stress management and wellness.

Event time & location:

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