

# LEARN HOW TO STRESS LESS

WITH NATUROPATHY



## HOST A HEALTH WORKSHOP

Whether you're new or familiar to Naturopathy, whether you're an existing client or not, this workshop can help you and your guests to learn some strategies for coping with stress, the natural way.

Maybe you're curious to try Naturopathy? This program is a wonderful way to see what it's all about without making a commitment.

**WHY NOT INVITE SOME  
FRIENDS OR FAMILY MEMBERS  
ALONG TOO?**

**WORKSHOPS CONDUCTED BY:**

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**THE WORKSHOP IS  
HELD OVER 2 SESSIONS,  
approx. 90 mins each**

**MINIMUM BOOKING:  
HOST + 4 GUESTS**

**COST: \$60.00 per person**



**ALL MATERIALS ARE PROVIDED  
FOR EACH ATTENDEE:**

- Copy of presentation slides
- Stress questionnaire
  - Fact sheets
  - Free samples
- Discount coupon
- Various activities

**Find out what Naturopathy can  
do for stress**

The workshop will introduce you to what happens to the body when it is stressed, and how to use Naturopathy to improve your health outcomes. Since stress affects each and every one of us at some point, there isn't really anyone who wouldn't benefit from attending this workshop.