



got stress?

You can not always control the stress in your life
but you can empower your efforts to handle
whatever life throws your way

squash
stress with
food, fitness
+ fun

Saturday, April 8th
10:30am
\$20 fee
includes hour-long
presentation
handouts
+ follow up email

MaryAnn Jones,
founder of
ThriveNaturally.com,
is passionate about empowering
women with information
+ inspiration



rspv
asap!
25 person
max

rspv required by
April 4th

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