



Don't merely survive
**YOU WERE MADE TO
THRIVE**

PAUSE...BREATHE... *Restart your life.*

Feeling overwhelmed? Has stress become your new “normal”? Are you living life in daily survival mode? Learn how simple self-care strategies can bring powerful, positive changes that allow you to LIVE...not just survive life.

Restart your life and replace stress with more joy and peace!

Saturdays - July 13, 20,27 and Aug. 3 • 9AM-10:30AM

To register for this workshop:

<https://www.eventbrite.com/e/pausebreatherestart-your-life-4-week-workshop-series-tickets-63536704995>
call/text: 516-680-5987 • email: kfinnick36@gmail.com

Pre-registration required • Fee:\$95 for 4 classes

Zemba Chiropractic Center

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Facilitated by: Kate Finnick

Doctor of Naturopathy / MS in Clinical Counseling
Certified Meditation Teacher / Certified Reiki Master