

Centering for Wellness Free Event: Break Out of the Stress Response

March 27, 2010 & June 5, 2010

Note: due to the popularity of this event, this event will also occur on June 5th, 2009 from 10:00 am to 11:00 am at Lori's Natural Foods (900 Jefferson Road, Rochester, NY 14623)

I wanted to let you know, and apologize for the late notice, about a free class on The Power of Meditation for Self-Healing and Lifestyle Balancing at *Lori's Natural Foods* on Jefferson Road this Saturday from 10-11:30am through Centering for Wellness. Here is the information, also to be found through the following link

<http://www.centeringforwellness.com/2010/03/free-event-at-loris-break-of-the-stress-response.html>

FREE event Break out of the Stress response

You can very easily learn to meditate and, in five minutes a day, break out of the mind-body stress response and profoundly relax and recharge yourself. This class teaches the three short, simple steps to very effectively meditate for self-healing and lifestyle balancing. This is a self-care workshop for everyone who is struggling with too much stress - and who isn't these days? We can't run faster- we can run smarter.

Learn related additional simple self-help, holistic centering practices to relieve stress, improve problem-solving skills, and restore self-esteem and creative thinking practices to become your own best, most necessary resource.

DATE: SATURDAY, MARCH 27TH & SATURDAY, JUNE 5

LOCATION: 900 Jefferson Road, Rochester, NY 14623

CONTACT: (585) 424-2323

TIME: 10:00AM - 11:00AM

FREE: MUST SIGN UP - LIMITED SPACE - 585-424-2323

(TAX-DEDUCTIBLE DONATIONS ARE WELCOME)

I am excited and pleased to offer this simple and transformational approach to wellness and empowerment to the Rochester community. Any questions? Please call me at 750-1751 –

Thanks, Marjorie (Marjorie@centeringforwellness.com)

Marjorie Baker Price, President

Centering for Wellness, Inc.

585-750-8119

9 Terrain Drive, Rochester, NY 14618

www.centeringforwellness.com