



Class Starts  
Wednesday  
March 13th

## "Stress Less with Beth"

This 8-week Class includes learning how to incorporate techniques of mindfulness, breathwork, and meditation to decrease your stress, improve your overall health, and manage your disease diagnosis.

### This Program Includes

- ▶ Science Behind Mindfulness
- ▶ Meditation
- ▶ Stress Reduction Techniques
- ▶ Progressive Meditation
- ▶ Breathwork
- ▶ and MORE

8-Week Program  
Wellness 360 Webster  
Starting Date  
March 13th  
Time:  
5:30 pm - 7 pm  
Cost:  
\*\$18 per class  
\*can use W360 class pkg option

Zoom Option Available



191 W Main St, Webster

Phone: 585-259-0782 ▶ Fax: 585-512-8372

[www.wellness360fitness.com](http://www.wellness360fitness.com)