

JUNE
2019

Master Your Mind:

Emotional & physical health connections

You get upsetting news and suddenly feel sick. You're nervous about a big meeting, your heart races and you begin to sweat. Examples of the mind-body connection are endless. Particularly helpful for those living with chronic illness or other health challenges, this session provides strategies that employ the mind to lessen chronic pain, reduce depression associated with physical ailments, and improve health outcomes.

HELPNET WEBINAR AVAILABLE ON DEMAND STARTING JUNE 1

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