

Therapy uninterrupted

Stress Less, Live More: Tools to Heal, Not Just Cope

A 1.5 Hour Group Workshop For Stressed-Out Humans

Feeling depleted, anxious, or like rest just isn't enough?

You're not alone—and you're not broken.

Join us for a practical and empowering workshop where you'll learn how to support your body and mind through food, optional supplements, and simple lifestyle shifts.

We'll explore the root causes of chronic stress and burnout, and what it takes to truly heal—not just cope.

Topics Include:

How stress affects your hormones, mood, and energy

The key nutrients and foods that help calm your nervous system

Best practice protocols for adrenal support and burnout recovery

Lifestyle changes that restore balance without overhauling your life

And Much More!



**Register
Now!**

Date: Tuesday, June 17th, 2025, 6:00pm-7:30pm

www.therapyuninterrupted.ca/workshops

Facilitators: Alexis Tanner, RHN & Haley Moore, RSW

Cost: \$60 per person