



# Stress Management



Constant stress on our bodies and minds can contribute to chronic health issues such as fatigue, lowered immunity, and poor digestion.

Come and learn techniques to cope with and reduce stress from nutrition and exercise to massage therapy.

Free for Calvo's SelectCare members on a "first-come, first-served basis." To register, please call Dr. Horinouchi's Wellness Clinic at 646-9333.

**Stress Management Clinic Schedule**  
Monday & Tuesday at 5:30 pm  
**March 27, 28 & April 3, 4, 2017**  
**June 12, 13, 19, 20, 2017**