



Stress Management

Free for Calvo's SelectCare Members!
"first come, first served"



Stress Management Schedule

Classes held on Saturdays
11:00am - 12:00pm

November 3 & 10, 2018

Other Wellness Workshops

Saturdays 11:00am - 12:00pm

- October 20** Mental Health
- November 17** Digestive Health
- December 15** Healthy Aging




Stress, whether physical, emotional, environmental or mental, can impact the quality of our lives.

What techniques, foods, and supplements can help reduce the burden of stress?

What role do the HPA axis, cortisol, DHEA and other stress related hormones play in stress management?

To register, please call Dr. Horinouchi's Wellness Clinic at 646-9333



-  Amparos Business Center, 226 C/D Chalan San Antonio, Dr. Horinouchi Wellness Clinic (Across from GPO, next to KFC in Tamuning)
-  guamwellnessclinic@me.com
-  (671) 646-9333

