



Stress Management

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



Stress Management
Classes held on Saturdays
11:00am - 12:00pm
August 4 & 11, 2018

Other Wellness Workshops
Saturdays 11:00am - 12:00pm
July 21 Hormone Balancing
August 18 Women's Health
September 15 Children's Health

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, between Gaylord & KFC) in Tamuning
✉️ guamwellnessclinic@me.com 📞 (671) 646-9333

