

Join Us For: The Resilience Advantage Workshop



The “Resilience Advantage” program created by a company called HeartMath is the only evidence-based program in the country that research has proven can positively effect all of the above.

On top of learning specific tools and techniques to address all the issues above, each person taking the class will have access to biofeedback technology that actually shows in real time how effective they are becoming in using the new skills to become more physiologically and emotionally balanced.

When: Wednesday June 6, 13, 20, & 27 at 5:30-6:30pm

Where: Smith Family Chiropractic
2447 Millcreek Ct, Suite 1
Tallahassee, FL. 32308

Who: Mary Barley, Executive Director of Working Well, Well-Being Coordinator for Leon County and a certified HeartMath provider will lead the class

Cost: \$99.99 per person

For more information on this class or scheduling a class on-site for your organization, contact Mary Barley at marybarley50@comcast.net or 850.509.1953