

**CLASS TITLE:**        *How To Manage Your Nervous System During These Trying Times*

**NAME:**

**ADDRESS:**

**PHONE:**

**EMAIL:**

*What brings you to this workshop? A particular goal or special area of concern?*

*How would you rate your daily stress levels? At home, at work and in general?*

*Do you have ways or practices for managing your stress?*

*How are you with self care?*

**Preferred Class Date:**        Thursday, March 20th at 7pm        Thursday, April 3rd at 7pm  
(choose one)

*I am deliberately keeping the class sizes small. It's my hope to keep adding to this series so if you are unable to attend either of these dates let me know if you would like to be informed as additional classes become available. Feel free to reach out to me with any questions about this class or bodywork sessions.*