

**Learn how to reduce
stress and improve
your health**

**April, 23 2008
Santa Fe, NM
6pm - 9pm**

**FEE: \$50
Enrollment limited to 10.**

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▶ **Advanced Stress Management: An Introduction**

*Stress management tools customized for your
body type, learning style and life experiences.*

Research by Kaiser Permanente and others suggests that stress is the leading cause of modern health problems. While western medicine is beginning to acknowledge the role it plays in health conditions, it does not usually offer effective tools for reducing stress. This class is for people who recognize that stress is negatively impacting their health and want proven tools for change. Stress has been linked to:

- Addictions
- Anxiety Disorders
- Cancer
- Chronic Pain
- Depression
- Diabetes
- Digestive Disorders
- Fibromyalgia
- Headaches
- High Blood Pressure
- Obesity
- Relationship Problems
- Sleep Disorders
- and many other conditions.

Paul Zelizer, M.A., L.P.C, EFT-CC is a licensed professional counselor, a holistic health consultant and an advanced stress management coach. He has been studying stress reduction, mindfulness practices, psychoneuroimmunology and body therapies since 1988.

This workshop is part of a series on Advanced Stress Management. Upcoming workshops include:

- Mindfulness and Health: A Day Long Stress Management Retreat (3/22/08)
- The Kitchen as a Mirror: The Tastes of Stress Management (4/9/08)
- Developing a Practice: Moving and Living Stress Management (Tues in April)

To register for any of these workshops, email Paul: pzelizer@gmail.com.



