

BENDZ *for men*

presents a wellness seminar:

Stress-Proof Your Life

Did you know that...

- 80% of all doctor's visits are directly related to stress?
- chronic stress weakens your body's immune system?
- you can learn simple yet powerful ways to minimize the effects of stress?

In this free seminar, learn why stress has become the number one health problem in the nation today...and what you can do to "breathe easier."

Saturday, April 24, 2004

11:00 a.m. – noon

BENDZ *for men*, 4102 Orange Ave. # 119, Long Beach

Allow a health and wellness coach trained in hypnotherapy to explain how to "stress-proof" your life. BARBARA DEVICO holds numerous specialty certifications including pain control, IBS, Fibromyalgia, hypertension, and smoking cessation. She also specializes in weight management and stress management.

RSVP today
(seating limited)

Phone: (562) 425-3712

