



comprehensive wellness™

Comprehensive Wellness presents

MIND & BODY RESET FOR THE NEW YEAR!

February 9

11:00am-1:00pm



Join us to Reset and Renew Your Mind and Body!

Do you have negative thoughts holding you back from living your happiest, healthiest life?

Did you know that you can transform and release energy that is not serving you?

Align with the season to support your vitality and ground in your goals for the New Year. Join us to learn more about:

- Mindfulness
- Energy Healing techniques
- Setting Healthy Boundaries
- Tools that will support wellness in all areas of your life

Cost: \$95

February 9

11:00am-1:00pm



Rebecca Berke, BCH, is a Hypnotherapist and Mindfulness Specialist who has spent decades working with the mind/body connection.



Denise Arline, MA, is an Energy Medicine Practitioner, Reiki Healing Master and Holistic Life Coach. She is a Certified Life Coach from Journey Paths Institute and also a Teaching Coach.

RSVP today! Space is limited. Call (925) 464-3916 to RSVP.
Visit www.comprehensivewellness.org for more information.