



905-356-4113



www.carmelniagara.com

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GOOD BYE STRESS- HELLO LIFE!

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Date Sat Mar 8 (9:30am-3:30pm)
Cost: \$70 (includes lunch)
Led by: Anna Racine

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We live in a fast-paced society with a seemingly endless list of demands. Life naturally brings its share of challenges and stress. The key is to move forward so that stress doesn't impact other areas of your life.

Stress affects us all, but why exactly do we feel it and what causes it? This Workshop will empower you to take an honest look at what lies beneath your stressors and provide the tools to deal with them. Learn the difference between good and bad stress.

Stress is inevitable, but letting it control your life is optional. Learn how to deal with stress so you can say hello to life again!

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Presenter: Anna Racine, Adjunct Faculty at Mount Carmel Spiritual Centre, is active in Parish Ministry at St. Thomas More Catholic Church. Anna is a Facilitator of Grief and Healing Support Programs and is a Spiritual Director. In 2015, Anna was awarded the Niagara Catholic Award of Distinction for her 20 years of volunteer service with the Niagara Catholic District School Board and in Parish Ministry. For more information on Anna visit annaracine.org.



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