

Is Chronic Pain Affecting Your Life?
Is This Pain Causing **Stress & Anxiety?**

Park Ridge Recreation Presents

↪ **Discover the POWER of** ↪
Tai Chi & Meditation

Join Renowned **SPEAKER, LICENSED ACUPUNCTURIST,**
and **MINDSET COACH DR. EVAN CHAIT** and learn:

- ⦿ How to **Improve Focus & Balance** (both mind & body)
- ⦿ How to **Increase Energy** and **Do More of What You Love**
- ⦿ How to **Decrease Stress, Anxiety, & Depression**
- ⦿ **2 Empowering Techniques** to Help Boost Your Immune

Mark Your Calendars!

↪
FRIDAY
FEBRUARY 26TH, 2021
AT 12 PM
zoom **zoom**
 
To Register Go To:
<https://bit.ly/2Og0Efx>

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