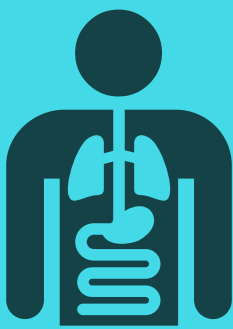


ANXIETY EXPLAINED:

Holistic Solutions Targeting Root Causes

These four, 90-minute workshops explore the biological, psychological, social and spiritual causes of anxiety. You will learn simple coping skills to decrease symptoms and address the root causes of your anxiety.

BIOLOGICAL



Biological symptoms of anxiety include: Increased heart rate, sweating, nausea, sleep disturbances, weight changes etc.

Learn about biological solutions to anxiety including dietary guidelines, beneficial exercises and vitamin/mineral supplementation

PSYCHOLOGICAL



Psychological symptoms of anxiety include: racing thoughts, catastrophic thinking and lowered self-esteem.

Learning about the underlying causes of psychological symptoms will empower you to practice new ways of controlling your thoughts.

SOCIAL



Social symptoms of anxiety include: fear of being negatively judged, feeling embarrassed often, isolating from people including loved ones.

You will learn communication skills, assertiveness and boundary setting in close relationships to decrease socially-based anxiety.

SPIRITUAL



Spiritual symptoms of anxiety include: feeling disconnected, lack of meaning in life, fear of not fulfilling dreams.

We will explore ways to address your underlying needs for deeper connection to yourself, others and the world. You will learn how to live more in line with your values and dreams.

PEAK RESILIENCE & QI INTEGRATIVE HEALTH PRESENT:

DETAILS:

THE WHY:

The Anxiety Explained Program closes the gaps of traditional medicine and psychotherapy by integrating approaches and providing alternatives to pharmaceutical interventions.

THE WHO:

Jennifer Hollinshead, MA
Registered Clinical Counsellor
Canadian Certified Counsellor
Founder of Peak Resilience

Dr. Joanna Rosenfeld, ND
Naturopathic Doctor, Registered
Holistic Nutritionist, Naturopathic
Doula and Personal Trainer

Dr. Bryn Hyndman, MD, ND
Family Physician
Naturopathic Doctor

Anuschka Naidoo, MA
Registered Clinical Counsellor
Peak Resilience

Sarah Blackmore, MA
Registered Clinical Counsellor
Peak Resilience

Tanu Gamble, MA
Registered Clinical Counsellor
Peak Resilience

Amy Kubanek
Fletcher Pilates Teacher
Melt Method Teacher

THE WHEN:

Free Info Night: Wednesday, Jan. 18, 2017, 7-8pm
Biology Explained: Wednesday, Feb. 8, 2017, 7-9pm
Psychology Explained: Wednesday, Feb. 15, 2017, 7-9pm
Sociology Explained: Wednesday, Feb. 22, 2017, 7-9pm
Spirituality Explained: Wednesday, March 1, 2017, 7-9pm

THE WHERE:

Qi Integrated Health:
1764 West 7th Avenue
Vancouver B.C.
V6J 5A3

Located in the neighbourhood of
Kitsilano in Vancouver, BC. For
directions visit:
<http://qiintegratedhealth.com/contact/>

THE HOW:

Register at: peak-resilience.com/#workshops

Early Bird/Group Price:

\$395+GST (Register early or book in groups of two or more)

Regular Price: \$495+GST

Price includes eight hours of learning, workshop resource package, email updates and gift bag!

For more information call 604-833-6140 or
email connect@peak-resilience.com

Professionals may be eligible for continuing education credits.



PEAK RESILIENCE



Integrated Health