



**Dr. Jas Bajwa, MChiro  
Presents:**

# The **THREE** Secrets to Stress Management

Monday, April 13<sup>th</sup>  
9:30 am- 11:00 am

- How emotional, physical, and chemical stress affects our health
- Why the nervous system plays a central role in energy, focus, and resilience
- Simple strategies to improve function, reduce tension, and prevent long-term issues
- How to recognize hidden stress patterns before they become serious problems

## To Register:

 250-861-6180 ext. 4

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