

You're Invited To A Wellness Webinar!

July Topic:

Acupressure: From Restlessness to Peace of Mind

Stressed? Most of us are in one way or another. To be honest, a small amount of stress can serve a positive purpose. But after a while, stress can begin to break down your mind and body.

Self-care is one way to reduce the negative effects of stress. And, one form of self-care is acupressure – a technique stemming from traditional Chinese medicine. Acupressure involves the use of pressure with the thumbs or fingertips to distinct points on the body. It is widely used for its calming therapeutic effects. Acupressure is also a proven technique that can be used both at home and office.

Acupressure: From Restlessness to Peace-of-Mind is a webinar designed to teach you about the safe use of acupressure. You will learn how to explore common self-acupressure points to help relieve headache, stress and muscle tension. This live presentation will also reveal other ways acupressure is used in mind-body care.

- Explore the link between nature and joy.
- Learn how nature can help improve your work.
- Find ways to reconnect with nature.



Space is limited!
Sign up today!

Date: Wednesday, July 21, 2021

Time: 12:00 to 12:45 p.m. Pacific time.

Location: Online Webinar/Teleconference

RSVP:
https://centene.zoom.us/webinar/register/WN_LOi9-3QFQWG9jSFtpm_jiA