

FREE TEACHERS' APPRECIATION DINNER AT AI FRESCO'S IN FLEMINGTON

Survival Solutions in an Academic World

A stress management program for the most important people in our children's lives with Dr. Jodi Dinnerman.

Wednesday, October 18th at 6:30PM
At AI Fresco's in Flemington

There is an increasing level of stress in our culture that is unforgiving & palpable. It manifests through emotional and physical issues, leading us to function at less than full potential; as teachers, parents, friends, co-workers, and partners.

- Learn the surprising and somewhat appalling current statistics regarding stress in our culture
- Learn how this stress uniquely effects each person
- Learn about how small shifts with exercise, diet, and wellness modalities create quick change
- Learn very simple tools to implement throughout the day to decrease stress levels and increase energy levels
- Each guest will leave with a gift valued at **over \$150**



Dr. Jodi Dinnerman has been educating our community since 2001 with effective stress management techniques. For more information about Dr. Jodi and her practice check out www.lightsourcechiropractic.com

RSVP:

<http://www.lightsourcechiropractic.com/teachers-dinner.html>

Teachers are asked to bring a registered guest. If you have been to a dinner already, we will ask for a \$10 contribution for attendance.

Please RSVP by October 15th.