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# NURTURE THE NERVES

AN AFTERNOON OF UNWINDING OVERWHELM  
TOGETHER & GIVING TO THE SELF



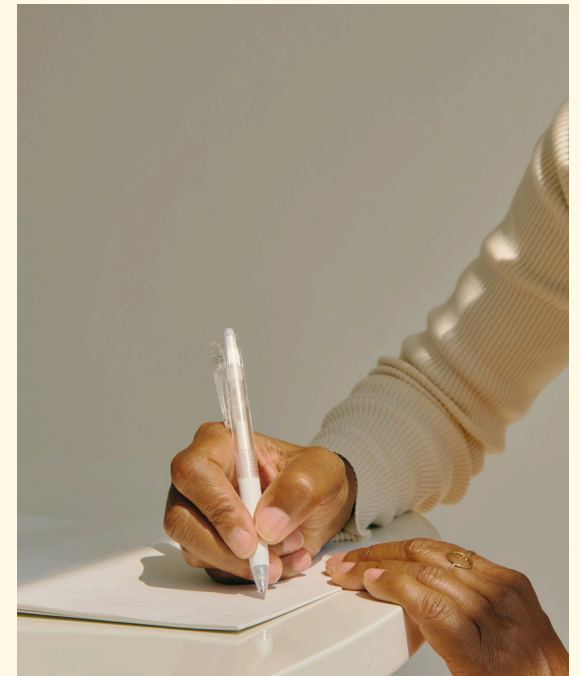
## MOVE

YOGA TO EASE THE MIND, OPEN  
THE HEART & RELEASE THE  
ISSUES IN OUR TISSUES



## HEAL

DISCUSSION & TOOLS ON  
STRESS- THE EFFECTS ON  
IMMUNITY, TOXICITY AND  
HORMONE BALANCE



## CONNECT

GUIDED JOURNAL & SHARE TO  
CREATE CONNECTION IN OUR  
COMMUNITY

FEBRUARY 22, 3-6PM \$40 RSVP AT [LINKTR.EE/ARTEMISIA\\_WELLNESS](https://linktr.ee/Artemisia_Wellness)