

Managing Stress for a Healthier Life

LEARN THE SECRETS TO RELAX AND UNWIND

Learn how to manage stress effectively to be calm and clear
Feel better, mentally sharper and empowered
Discover techniques to use for immediate relaxation
Unlock your true potential

Stress Management with Pranic Healing

with Colm Scanlon

Monday 25th March 2024

7:30pm - 9:30pm

Park Hotel. Shandon Rd, Dungarvan,
Co Waterford X35CC97

€20 - booking essential

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