



OPEN TO THE PUBLIC

SHAKE IT OFF

fast and easy stress relief

TRE® is 7 simple exercises used to release daily stress, chronic tension and past trauma It leaves you with a feeling of deep relaxation and brings us back to a feeling of “ahhh”

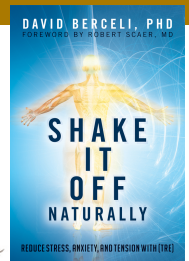
Thursday June 23rd 6:30-8:30 pm

Crowne Plaza | 4402 E Washington Ave | Madison WI 53704

suggested donation \$20

ALL PROCEEDS GO TO TRE FOR ALL INC A NOT-FOR-PROFIT

Join us as Dr. Bercelli takes us through these innovative exercises. Reported benefits include: easy to learn, more energy, better sleep, less worry and anxiety, and more. To learn more about Dr. Bercelli and TRE®, go to www.treforall.org. Dr. Bercelli will be conducting a workshop/training June 24-26, at the Crowne Plaza in Madison. For more information contact Jacy – see below.



contact Jacy Sundlie, TRE® Certification Trainer jacy@naturalstressrelease.com
www.naturalstressrelease.com or call 970-948-5154