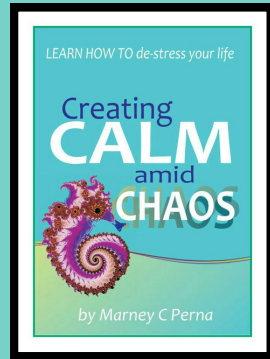


# Simple Stress Management Workshop

## STRESS LESS ~ LIVE BETTER



Simple interactive stress management  
workshop

This three hour workshop includes :-  
my Ten Simple Stress Management Workbook,  
a healthy morning or afternoon tea, and a  
signed copy of my book “Creating Calm amid  
Chaos”



Book today  
Contact Marney Perna  
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M: 0407 029943



SCAN ME