

Come Learn How You Can Reduce Your Stress!

A major problem in modern society is....

STRESS!!

- Individuals - health and performance suffer.
- Organizations - lower productivity, more sick days, and disability claims.
- The economy - \$\$ billions.

We often feel trapped and hopeless, believing there's nothing we can do about it.

There is a solution. It's called **MINDFULNESS.**



Stress seems to be an unavoidable fact of life. Everybody has it. Everybody pays a price. Most people don't see it as a serious enough problem to do anything about it until life starts to get out of control. Even low-level stress over a long enough period of time can be very damaging. Taking aspirin for headaches, blood pressure medication, or having a drink to 'unwind' at the end of the day, may give the false impression that you've got stress under control. You don't. Wouldn't it be far better to not have so much stress in the first place?

Stress is like sand in an engine. It generates a lot of heat and friction resulting in unnecessary wear and tear and loss of performance. Left unchecked long enough, the engine will break down. Stress in us is similar.

Lou Carcasole – (B. Sc., P.Eng, MBA, M Ed.) has been helping people reduce their stress for over 28 years.

You are invited to attend a Free Session to find out how you can permanently reduce your stress and improve your life.

When: September 13th, 7:00 – 8:30 pm

Where: Park Centre, Kagawong

Call Lou at 647-988-8182 or lou@radicalgrowth.com if you have any questions or concerns.