

Class to help parents learn how to lessen children's stress

Children experience more stress today than ever before, living in a world that often seems to move at a dizzying pace. Does your child experience:

- *fears
- *shyness
- *test anxiety
- *difficulty dealing with change
- *sadness
- *negative effects from being bullied.

If you answered yes, then consider learning practical coping strategies and the method Emotional Freedom Technique.

The class will cover:

- *how EFT works
- *the best language to use with children
- *when to use EFT
- *using EFT when everything is going great – to make things even greater
- *using EFT with children of all ages.

Two workshops are offered May 22 – 9am-noon and 1-4pm.

Both are Balance Body Fitness Studio, 276 Kingsbury Grade,

Ste. 107 (next to the 7-Eleven), Stateline.

Cost is \$20 per person or \$30 per family (two adult family members). It includes a workbook.

Register by going online or call Balance Fitness (775) 580.7267.

Pre-registration ends May 20 at 5pm. If space is available, registrations will be taken at the door.

Free childcare available on site as this is a workshop for adults only.

The workshop will be taught by South Shore mind-body therapist Rosemary Manning.