



Woolwich Counselling Centre Presents...

Reaching for Optimal Health

Are you struggling to get a good nights sleep?

Is stress weighing you down?



Woolwich Counselling and Amy Sonnenberg, Registered Holistic Nutritionist will present strategies and discuss optimal nutrition to manage stress and have a more restful sleep.

Pre-Registration Required



Woolwich Counselling
519-669-8651



Designed For You Nutrition
519-503-7926

Tuesday May 12, 2020

7:00—8:00 pm

65 Memorial Ave, Elmira

Fee: \$20 per person