



Stress Less with Beth

This 8-week Class includes learning how to incorporate techniques of mindfulness, breathwork, and meditation to decrease your stress, improve your overall health, and manage your disease diagnosis.

This Program Includes

- ▶ Science Behind Mindfulness
- ▶ Meditation Techniques
- ▶ Stress Reduction Techniques
- ▶ Pillars of Mindful Living
- ▶ Breathwork
- ▶ and MORE

8-Week Program

Wellness 360 Webster

Wednesday Nights

5:30 pm - 7 pm

Zoom Options Available

Cost: *\$18 per class

*can use W360 class pkg option



191 W Main St, Webster ▶ 1328 University Ave, Rochester

📞 585-482-5060

www.wellness360fitness.com