



AllHealth<sup>®</sup>  
NETWORK

# HOLISTIC HEALING

**Where:** Sycamore/Virtual    **Day:** Thursday    **Time:** 1pm-2pm  
**Age:** 18+    **Group leader:** Jamie Dubose, LCSW, LAC, CIMHP

Please join me on a journey to wholeness.

Let's look at how our physical, mental, emotional, social, and spiritual aspects all play a role in our wellness.

Topics we'll explore: sleep hygiene, nutrition, mindfulness practices, spiritual beliefs, exercise, supplements, ways to decrease exposure to toxins, and so much more.

Let's learn ways to thrive, together!

**All insurances accepted**