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