



Do you lack energy by mid or late afternoon?

Are you overwhelmed by tasks that once were a breeze?

Discover how you respond to **Stress** and how
it **Impacts** your **Health** and **Wellbeing!**

Join Carol Stalker & Kristine Reyes, C.N.C.

Sunday, September 14th at 1:00 pm

SKIN ESSENTIALS
1482 E. Valley Rd., Ste. 6
Montecito, CA 93108

Take advantage of this **FREE** opportunity to hear sensible
answers to all your questions about nutrition & health.

Space is limited so make your reservation now.
Bring a friend & receive a FREE GIFT!

For reservations call Julie, 805-695-8699