



Caring for Yourself in Anxious Times

Are daily stressors effecting your mind & body?

Parenting stressors
Critical comparison on social media
Community conflict
Daily home environment
State of the world
Personal relationships
Work and professional stressors

Then this workshop is for you!

Join us to Discover *Tools for the Body & Mind* to Reduce
the Effects of Stress and Anxiety

Professional Leaders:

Jennifer R. Tieman, LMFT, Psychotherapist

<https://www.psychologytoday.com/us/therapists/jennifer-tieman-pittsburgh-pa/191519>

Dana D. LaSota, MS, Somatic Guide and Kinesiologist

<https://www.powerthru.com/>

Collaborative Workshop

*Sharing how the top-down (mind) and bottom-up (body) processing can work
together for insight and healing*

Saturday June 11, 9:30am-11:30am

Price of Workshop= \$80* *The intense, personal concentration of this workshop
makes space very limited so reserve your spot TODAY! *Sliding scale for those in need.*

Location: Cool Springs Sport Complex, 3001 Cool Springs Dr, 15234 in the
DCP studio's opened aired space. Studios are directly on your right when you enter the
Complex

Reservations: Please email Jennifer Tieman at
jenniferrtiemanlmft@gmail.com to reserve your place or for more
information or questions.