

STRESS MANAGEMENT CLINIC

**\$75 GRANTS ACCESS TO THREE 45 MINUTE CLINICS
VIA ZOOM:
OCTOBER 10TH, 17TH, AND 24TH FROM 10:30-11:15AM**



**DEADLINE FOR
REGISTRATION
IS OCT. 9TH!**

- UNDERSTAND HOW TO CONTROL ALL ASPECTS OF YOURSELF DURING PERFORMANCE**
- UNDERSTAND HOW TO UTILIZE YOUR FOCUS TO OPTIMIZE PERFORMANCE**
- UNDERSTAND HOW TO CONTROL YOUR EMOTIONS AND STRESS IN A POSITIVE WAY TO OPTIMIZE PERFORMANCE**

**SPOTS ARE LIMITED! BOOK YOUR SPOT NOW
BY CONTACTING ALYSSA REX AT:**

BALANCED.PERFORMANCE.AZ@GMAIL.COM

OR

480-772-2534

BALANCEDPERFORMANCEAZ.COM

