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CHANGING WORKSHOP!

Understanding Your Nervous System: A “Toolbox” For Moving Life Forward

**Did you know that EVERYTHING you do (and don't do) depends on the
state of your nervous system?**

Why haven't we learned how our nervous system works?

At this workshop you'll learn about the different nervous system states, their
evolutionary purpose, why we get stuck in states that are supposed to be
short-lived, and tools to support yourself back to regulation so you can step
toward any life goal.

When: Saturday, May 4

Time: 10 am - 12

Cost: \$40

Location: The Mindful Connection of Long Island

1991 Smith Street, Suite 200, Merrick

CONTACT LAUREN ALTCHILER, PH. D FOR MORE INFORMATION
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