

September Lunch and Learn!



Coping with Stress: Strategies for Living with Chronic Illness, Pain, and Disability

Living with chronic illness, pain, or disability can bring unique emotional and physical challenges. In this Lunch & Learn, join Dr. Tracy Aneziris, Licensed Clinical Psychologist, while you explore self-assessment strategies to better understand and accept your health journey, while learning introductory tools for coping and building support. The session will include goal-setting guidance, practical stress management approaches, and time for Q&A. Information about individual and group services will also be available.

W H E N

Tuesday, September 16
from 12-1pm

W H E R E

NeuroBalance Center
1529 S. Grove Avenue
Barrington, IL 60010

Registration required!
CALL to sign up
TODAY!



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C E N T E R