

Be Well, a Creating Wellness Center presents...

Holiday Stress Management

with Lisa De Rubeis Allen & Laura Rolands

When December 5, 2009; 1-2pm

Where Be Well

750 S. Old Woodward

Birmingham, Michigan

Cost **FREE**

[Register today!](#)

Learn how to relieve stress with...

- Ear acupressure
- Wellness techniques
- Skin rejuvenation
- Strategies for choosing the right planner
- Delicious Rainforest Treasure Tea
- Native American Smudging

Lisa De Rubeis Allen of Wellness First is a wellness practitioner trained in Emotional Freedom Technique, Ear Acupressure, Herb Science and Holistic Skin Care.

Laura Rolands of LSR Coaching and Consulting, LLC is an attention coach who specializes in helping children and adults overcome attention-related challenges.