



DECEMBER 10TH OVERCOMING ANXIETY

A One Day, 6-Hour Intensive Workshop Facilitated by Laurie Budlong-Morse, LMFTA

Give yourself the gift of greater calm this holiday season with the knowledge and tools you will receive at this workshop designed to reduce anxious thoughts and feelings. You will learn effective ways to take back your life from the grip of tension and worry through an integrated, experiential combination of psychoeducation, mindfulness exercises, practical tools, and discussion.

Start living anxiety-free!

**Gift Yourself With
Increased Calm**

**Decrease Anxious
Thoughts &
Feelings**

**Learn Proven
Mindfulness
Techniques**

**Bring Joy &
Relaxation Back
Into Your Life**

**Limited Class Size
Register Today**

THOUGHT TONIC

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9:30 am to 4:30 pm
\$125 per person