

Who Needs Anti-Anxiety Pills When You Can Do Progressive Muscle Relaxation?

Achieve deep relaxation by mastering a technique called
Progressive Muscle Relaxation

Progressive relaxation of your muscles reduces:

- pulse rate
- blood pressure
- the startle reflex
- perspiration rate
- respiration rate

Progressive muscle relaxation produces excellent results for the treatment of:

- muscular tension
- anxiety
- depression
- fatigue
- insomnia
- neck and back pain
- high blood pressure
- mild phobias
- stuttering

Join Dr. Jill Levinsky on Friday, February 24th from 7:00 - 8:30 P.M.

At Kryssage Wellness - 201 Cedar Avenue, St. Charles, IL 60174

Learn this simple technique for just \$15.00

Please register by calling Dr. Melissa Sharp and Associates at: 630-777-6333

Or by emailing drmelissasharp@gmail.com