

DOES YOUR TEEN/YOUNG ADULT SUFFER FROM MOOD OR ANXIETY CHALLENGES?

**DO YOU FEEL
OVERWHELMED?
UNSURE OF THE RIGHT
PATH?**

Come listen to LCSW, Carrie Swiatek; Family Chiropractor, Dr. Ali and Plant Based Solutions specialist and Mom, Danielle Frissora. They will provide education and share much needed tips on how to help, including a few natural alternative solutions.



MARCH 13, 2019 7:00-8:15 PM

ESSENTIAL HEALTH, WEST HARTFORD, CT

COST - \$10

SIGN UP VIA EVENTBRITE HERE OR EMAIL DFRISSORA@GMAIL.COM

REGISTRATION REQUIRED