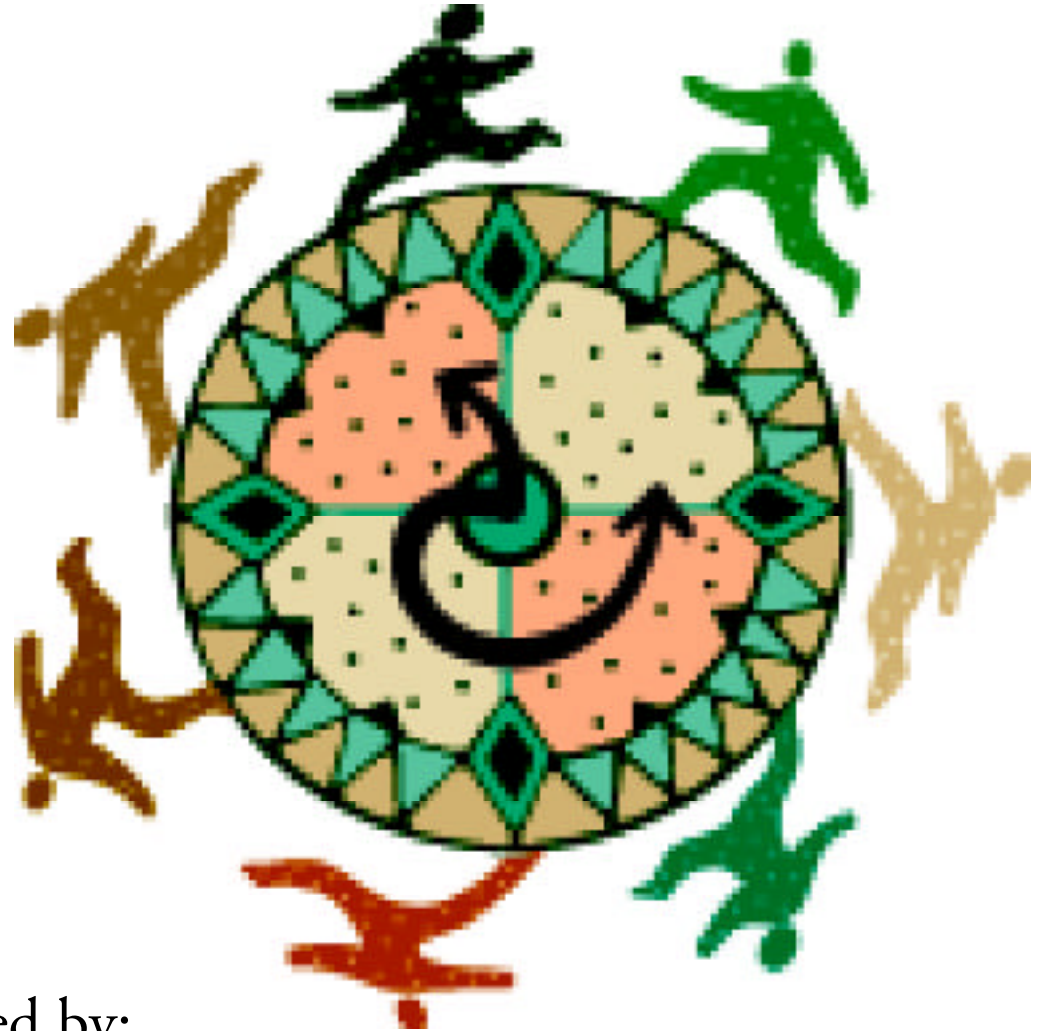


Awareness Series

Emotional Turbulence: Effects on Your Physiology

Free Class

- *Learn how and where to recognize emotions.*
- *See how the mindbody system denies emotions.*
- *Learn how to stop emotional toxicity.*



Facilitated by:

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Visit our web site at www.nwcwb.com

Thursday

August 2, 2001

5:30 P.M. — 6:30 P.M.

Location: MultiCare Campus

Call for specific location (253) 272-4013