



Stress Rescue Workshops



Linh Le

Certified Meditation
Instructor, Spiritual
Guide, Life Activation
Practitioner

Members - \$35 per session

Non-Members - \$40 per session

Introduction to Stress Rescue:

There are 4 aspects to your well-being - Physical, Emotional, Mental, and Spiritual Health. When any one of these four areas are out of balance, you experience long-term stress in life, and struggle to get out of that cycle. Join Linh Le (The Path to Inner Peace) at the Kaweah Health Lifestyle Fitness Center to learn more about stress and ways you can manage or even eliminate stressors effectively.

These monthly Stress Rescue Workshops are offered in the Lifestyle Fitness Center conference rooms, in which participants learn to redefine their relationship with stress, reclaim control of their life, and cultivate tools to deal with stress in the most effective manners.

Upcoming workshops held in the Lifestyle Fitness Center Conference Rooms:

November 4, 2023
9AM-11AM

December 2, 2023
10AM-12PM

January 13, 2024
10AM-12PM

February 3, 2024
10AM-12PM

Register in the Business Office or call:
(559) 624-3408 to reserve your space with a
Visa or MasterCard.