



Healing Waters Counseling  
 900 Virginia Avenue, Fort Pierce, FL. 34950  
 772-448-4189  
[www.healingwaters-counseling.com](http://www.healingwaters-counseling.com)

## MONTHLY MENTAL HEALTH AND FOOD WORK SHOP SERIES

### DEALING WITH ANXIETY WORK SHOP #1



Do you often find yourself “keyed up” and “on edge” as you worry about everyday things, such as; finances or job responsibilities or home and family situations? While, anxiety may always be a part of our life, it shouldn’t take over our day-to-day functioning. Register for our 4-Week Dealing With Anxiety Support Work Shop and let us;

- help you identify some general anxiety triggers
- teach you about quick ways to cope with anxiety
- recommend foods and nutrients to reduce anxiety

guide you in developing some long-term strategies to help you keep your anxiety in check.

Next Work Shop will meet on Mondays, September 2, 9, 16 & 23 from 1:00PM – 2:00PM **Cost: \$59.97**

### MOOD AND FOOD WORK SHOP #2 EATING FOR MENTAL HEALTH Managing brain changes through food



Did you know that what we eat and drink will help support our mental health? In addition to keeping you physically healthy and reducing your risk for heart disease, diabetes and some cancers, eating the right foods will reduce your feelings of depression, anxiety, PTSD etc. Register for our 4-week Work Shop, where we’ll take you through the best ways to make healthy food choices that support your mental health.

Next Work Shop will meet on Tuesdays, September 3, 10, 17 & 24 from 1:00PM – 2:00PM **Cost: \$59.97**



FOR YOUR LIFE

Carol Ellis Ph.D. Food and Mental Health Work Shop Series Presenter



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### Dysfunctional Thyroid Work Shop #3

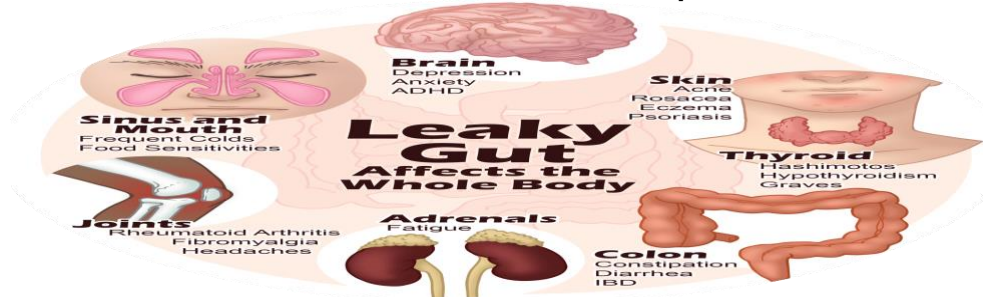


If you feel like your whole life is stalling and you've been struggling with; sleepless nights, daytime exhaustion, constant worries, a lazy metabolic system, there is a good chance that you may have dysfunctional thyroid. A problem that's killing your will power, causing late night sugar cravings, forcing you to snap at loved ones, while making everything in your life harder and more exhausting than need be.

Because your thyroid controls your metabolism you may've been even finding it impossible to lose weight. No matter how many salads you eat or how often you get on the treadmill or elliptical at the gym you'll not fix the problem without addressing your dysfunctional thyroid.

Next Work Shop will meet on Wednesdays, September 4, 11, 18 & 25 from 1:00PM – 2:00PM **Cost: \$59.97**

### Intestinal Disorder Work Shop #4



When our gut is not functioning properly all the activities of our other body systems are compromised and all areas of our health suffer including our cognitive function, immune response and well-being. To heal a Leaky Gut, you must identify and remove the cause of intestinal hyperpermeability by discovering the sources of gut bacterial imbalance that are fueling inflammation. Register for our 4-Week Intestinal disorder WorkShop and let us;

- help you identify the sources of your inflammation
- teach you about foods that'll grow healthy gut bacteria
- recommend foods that will remove dietary triggers

guide you in developing strategies for better sleep, reducing toxin intake and improving skin health.

Next Work Shop will meet on Fridays, September 6, 13, 20 & 27 from 1:00PM – 2:00PM **Cost: \$59.97**

**Register for multiple workshops and save - circle 1 or more: (1 workshop = \$59.97) (2 workshops = \$ 107.94) (3 workshops = \$152.91) (4 workshops = \$191.88) Name: \_\_\_\_\_**

I am Registering for Work Shop(s) (check one or more); #1 \_\_\_ #2 \_\_\_ #3 \_\_\_ #4 \_\_\_

Address \_\_\_\_\_ Cell Phone (\_\_\_\_\_) \_\_\_\_\_

Email Address: \_\_\_\_\_ Signature: \_\_\_\_\_



FOR YOUR LIFE

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