



Are you a caregiver?

**Do you sometimes feel overwhelmed by
the responsibility of this role?**

Learn how Bach flower remedies can help you juggle your many responsibilities and provide a calming positive energy to help balance emotions and restore energy.

The Bach flower remedies can help you:

- Manage your worry about the person you care for
- Address feelings of guilt when you are so busy
- Take care of yourself as you take care of your loved one
- Stay in calm control when you feel overwhelmed



SATURDAY, MARCH 3, 2018

10 am - noon

ELKK HAVEN WELLNESS CENTER

100 ELKS CLUB DR., BREVARD, NC

Fee: \$25.00 – includes 30 ml personal blend of remedies

Presented by – Beth Thran Bunch, BCTMB, BFRP

Please call or text to RSVP as space is limited

757-880-1853

www.thranbunch.com

