



HERMITAGE FARM  
CENTER FOR HEALING

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## Wednesday's Energy Wisdom Circle

with

Dr. Gail Van Kanegan, DNP, FNP, EEM-AP ARF-CP, Reiki Master

# *Stress Hormones Creating Energetic Imbalances*

Date: Wednesday January 24, 2024

Location: Hermitage Farm Center for Healing

Time: 6:30 PM - 8:00 PM

Join us for an inside look at how Your Natural Stress Hormones Create Energetic Imbalances.

Review symptoms that begin the energetic unbalancing process

Generate Awareness of Your Power to Resist stress responses

Share your experiences!