

Women's Wellness Symmetry Sessions

Restore :: Refresh :: Revive

Treat yourself to an afternoon of Self-care ...
slightly different from a manicure or massage,
but definitely Refreshing!

MoHe Attache' Psychological Consulting invites you to Indulge in a 2-hour interactive self-care and empowerment peer session, specifically for professional women.

MoHe Symmetry Sessions promote the healthy release of stress, restoration of balance and cultivation of resilience ... equally important as routine cardio vascular activity, fresh fruits and vegetables, and even bi-annual dental screenings, deliberate attention to emotional wellbeing is necessary for healthy living.

Far too often, attention to emotional health is limited to crisis or experiences of distress. Symmetry Sessions offer an opportunity to recalibrate & bolster mental energy to address daily stressors encompassed within professional roles, to *prevent* distress.

The Sessions also acknowledge and validate the combined roles that women navigate, after the work day – for example, mother, wife, caregiver, student, etc. While managing multiple roles is a common experience among many women, this requires enormous mental, emotional and physical strength.

Symmetry Sessions support active women in releasing heavy energy enhancing balance and cultivating resilience ... *Self-care!*

**TAKE A COUPLE HOURS, EXCLUSIVELY FOR YOU ...
RESTORE, REFRESH, REVIVE!**

Investment in You is Priceless!

