Are you stressed?
Join us for a workshop where you will learn techniques to help find better balance and build resiliency in your life.

September 11, 2019
1 – 2 pm
IKOR office
435 N. Broadway
De Pere, WI 54115
*Seating is limited

Register by contacting David J Ferguson MD, CSA® (Certified Senior Advisor) IKOR
at david.ferguson@ikormidwest.com or call 855 545-6794

We will teach the HeartMath method that engages the power of the heart’s intelligence which is something that you can use daily for the rest of your life.