



HEALTH & HARMONY  
chiropractic and wellness center

# SLEEP & STRESS CLASS WEBINAR

ARE YOU TIRED? STRESSED? BOTH?

- More than 70 million US adults suffer from sleep disorders
- We can all admit to experiencing some level of stress on a daily basis
- This combination of fatigue and stress can be detrimental to your health and quality of life

Join us as Dr. Jason Steinle shares how to address your daily fatigue and stress through advanced testing and professional-grade products.



**Tuesday, April 20th | 11 AM**  
**Health & Harmony Chiropractic  
and Wellness Center**

Please call to RSVP **(303) 670-1001** or sign up at the **OFFICE.**