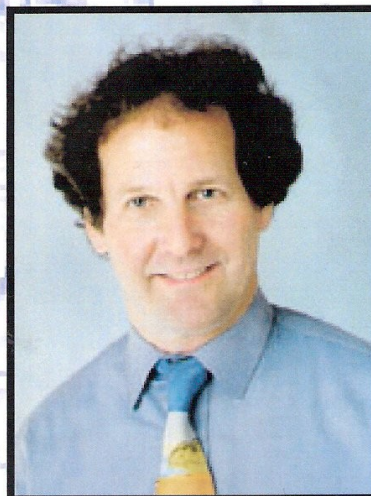


Health and Stress

Feeling stressed out? Dr. Jay Sordean, from the Foundation for Wellness Professionals, will discuss the many natural ways to reduce the harmful effects of stress and how to convert that energy into increased health and vitality.



Dr. Sordean is an Oriental Medical Doctor, Naturopathic Physician, Qualified Medical Evaluator, licensed acupuncturist, homeopath, and herbalist. He has been in the practice of natural care for over 25 years and has been actively involved in community education. Currently, Dr. Sordean provides treatment services through The Redwood Clinic in Berkeley.

Tuesday, April 3rd at 7 p.m.



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