

Save the Date: Free Lecture Thursday, Feb 9th - 7 pm

Managing Stress and Anxiety



Speaker: Allan Sosin, MD

Medical Director
Institute of Progressive Medicine

To be Discussed:

Stress and heart attacks / How stress impairs memory / Stress and adrenal fatigue / Stress and eating disorders / Stress and sleeplessness / Menopause, stress and hormone replacement / Drugs for stress - Are they good or bad? / How to combat stress factors / Stress and depression

*Dr. Sosin will be speaking at:
Advantage Physical Therapy
Thursday, February 9th, 7 pm*

*Please RSVP
(949) 305-8200
Seating is limited*