

Free Community Education Program

WINTER 2025

Registration is required!



Herbal Medicine for Stress

Date: February 11, 2025

Time: 6:00 p.m. – 7:30 p.m.

Site: Live Webinar (Zoom)

Anxiety and stress are common and can be caused by many different things, such as a big life challenge, a buildup of smaller difficulties, or mental health conditions. It can be difficult to navigate all of the feelings associated with anxiety and stress, but an all-natural way to relieve symptoms may be to use herbs. Join Naturopath Dr. Lauren Young as she shares information on the main herbs used for stress support, such as Adaptogens. She will discuss research supporting their effectiveness, and how and why you would use them.

Every year, we dedicate time and resources to enhance the overall health and wellness of our communities by offering FREE educational programs to individuals and families. We invite you to join us and our healthcare providers in one of our many health education lectures.



Scan the QR Code to register online
or call 860.533.6550 for assistance.