

Wellness Wednesday

WITH TRACY BIEGEL

Students today face many pressures and challenges when balancing school, home, extracurriculars, work, and their social lives. If this stress is left unmanaged, it may lead to various health issues including:

- anxiety
- poor sleep
- nervous tension
- sluggishness
- various types of pain
- digestive issues

Tracy created a wellness session that is created specifically for students to help them learn effective tools to cope with these daily stressors, that will lead them to a more balanced life.

THIS WELLNESS SESSION INCLUDES EDUCATION ON:

- The effect stress as on our bodies
- Coping skills for stress and anxiety
- Practicing Mindfulness
- How meditation can help us every day
- Deep breathing techniques *Learning the "Belly Breath"



Tracy Biegel, L.Ac, is a wellness practitioner with a private practice in Lodi, NJ. She is trained in a variety of techniques and modalities to help reduce and cope with stress and anxiety for all ages. Techniques include acupuncture, cupping, nutrition education, and other wellness modalities.

Tracy's mission is to raise awareness of natural health and the necessity of practicing wellness in order for us to thrive in our fast-paced society. As an acupuncturist who treats symptoms of all conditions, her expertise lies in pain and stress management.

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