



**SATURDAY JANUARY 27, 2018**

# **THE JOY PRESCRIPTION**

## **10 Steps to Transform Stress, Anxiety & Depression**

Join Integrative Physician, Cynthia Libert, M.D. and learn body, mind and soul care practices to experience vibrant emotional health and resilience during times of stress.

**Location:** South Buncombe/Skyland Public Library Community Room located at 260 Overlook Rd. Asheville, NC 28803

**Time:** 2:00 p.m. - 3:30 p.m.

**R.S.V.P.:** Space is limited, so please reserve your seat by e-mailing [help@caringforthebody.org](mailto:help@caringforthebody.org)

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**Join us for  
a Christ-Centered,  
Holistic Lifestyle  
Workshop to Care  
for Your Brain &  
Body**

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Open to the  
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**Cynthia Libert, M.D.**