



**Montvale**  
CHAMBER OF COMMERCE



Center for Resiliency, LLC  
*Therapy that helps you move forward*

**We hope you'll attend a special event hosted by CENTER FOR RESILIENCY and GATES CHIROPRACTIC in celebration of International Women's Month!**

**Stress in the body**

Co-Presented by Dr. Carol from  
Center for Resiliency and Dr.  
Stephanie from Gates Chiropractic

In honor of International Women's Month, we want  
to offer a free workshop to help you to relieve  
stress and decompress!

6:00 p.m. - 8:00 p.m. March 21, 2024

Gates Chiropractic, 217 Old Hood Rd, Suite 3E, Westwood, NJ.

Coffee to be provided by **Missy & Linny**, a women-owned business.

**We're thrilled to announce a collaboration between Dr. Carol, from Center for Resiliency, and Dr. Stephanie from Gates Chiropractic Office. Together, we're hosting an empowering event dedicated to all the amazing mothers out there.**

**4 Reasons Why You Should Attend:**

- 1) Get the chance to receive a Neuropulse report of how stress is stored in your body.
- 2) Get the chance to learn and apply stress reduction techniques and see the results in real-time.
- 3) Ruffled giveaways!
- 4) Coffee by Missy & Linny!

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**Stress in the body - Hosted  
by Dr. Carol, from Center  
for Resiliency, and Dr.**

# Stephanie from Gates Chiropractic Office

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Starts: Mar 21, 2024 - Expires: Mar 22, 2024

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## Center for Resiliency, LLC

160 Summit Avenue, Suite 205  
Montvale, New Jersey 07645  
201-661-3375

A member of the Montvale Chamber of Commerce  
[www.MontvaleChamber.com](http://www.MontvaleChamber.com)

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