



**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!

**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

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

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