

Dial down on stress and up your mood.

A natural approach to managing
your mood and mental wellness

Feeling stressed? Join us in our chat with Dr. Rory Gibbons, ND to discuss the role of stress in the body, how it can impact our mood and what we can do to give our bodies some extra support.

Join us Online!

Wednesday, October 13th 2021 at 7pm EST

Register here: <https://bit.ly/3Dwm10V>



Dr. Rory Gibbons

- Licenced Naturopathic Doctor
- High interest in functional nutrition and how micronutrients effect the biochemistry in our body!
- Speaker, author, husband, father, cyclist, hiker, at-home exclusive chef, avid Star Wars Fan

Stress and mood support giveaway

