



FERNVIEW

*Carolina Center for Functional Medicine &
Stress Management Center for Counseling*

ART OF LIVING WELL

COUNSELING

We offer individual & family counseling as well as integrative medical therapies including functional medicine consultations & one-on-one meditation, tai chi, & therapeutic yoga sessions.

To schedule call **864.225.0792** or email stressmanagement08@gmail.com.

Whether your focus is simply to have a healthy lifestyle or seeking to alleviate symptoms of Arthritis, Diabetes, Fibromyalgia, Anxiety, Depression Trauma, Manage pain, or to balance the stress in your life! Located at **1115 Dunlap Road, Anderson SC**

FUNCTIONAL MEDICINE

Join Us Today!

No experience necessary! Everyday we offer training in breathwork, craniosacral, meditation, relaxation, somatic experiencing & coping skills for optimal health and well-being.

Our Yoga Classes are focused on supporting a healthy life experience through small therapeutic classes to promote wellness.

OPPORTUNITIES

We have available one hour seminars, workshops, and certificate trainings for the public. Introducing our courses in Stress Management, Breathwork (FREE!), Conflict Resolution, Expressive Arts, NonViolent Communication, Mindfulness, Meditation, Tai Chi, Vision Board & Yoga. Visit at **ArtOfLivingWell.online**. These courses are all available for CEU credit or certificate. Each course is evidence based to support healthy living.



fernviewcenterforwellbeing.com