

COMMERCE CHENANGO PRESENTS



DR. *Rebecca* HEISS

Stress Physiologist,
Author, Keynote Speaker

THE STRESS ADVANTAGE

Dr. Heiss, who grew up in Norwich, is a stress expert dedicated to challenging the ways we think about stress energy. Rather than try to get rid of it, Rebecca demonstrates how to *use* our stress as a springboard to higher levels of performance, passion, and purpose. Her research has been designated “transformative” by the National Science Foundation.

Sunday, April 6th
Norwich Family YMCA

Registration/Social Hour 2PM
Keynote Speech 3PM

FREE and
open to
the public

Register by calling 607-336-9622 or
stopping by the Norwich Family YMCA
front desk.



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