

# Healing Stress and Anxiety, Restoring Sleep and Well-Being

an integrative mind, body, energy approach

Presented by  
Corina Gheorghiu, LMFT, DDS, Sleep Coach



**Saturday, Sept. 30, 10 AM – 1 PM**  
**The Remedy Pharm**  
**23811 Hawthorne Blvd, Torrance, CA 90505**

## YOU WILL BENEFIT IF

- You experience high levels of daily stress
- You have a tendency to worry and ruminate
- You have trouble falling asleep and staying asleep
- You want to enhance a sustain a general sense of well-being

## YOU WILL LEARN TOOLS TO

- Take charge of stress and anxiety before it is too late
- Set up new lifestyle well-being habits and sleep behaviors
- Relax the body, calm the mind, improve your brain functions

## GOALS

- Learn to apply the Integrated Well-Being Model for stress and sleep
- Identify your personal sleep pattern
- Begin to take charge of thoughts, habits and behaviors that don't let you unwind and fall asleep
- Learn specific daytime and night-time de-stress and sleep techniques

## COST

- \$75 early-bird price if you order by Sept. 15th
- \$90 regular price after Sept. 15th

To purchase tickets, visit <https://goo.gl/vvFJ3x>

Corina Gheorghiu is a mind/body/energy coach and marriage family therapist with a private practice in Torrance, CA. She specializes in anxiety, insomnia, and trauma.

Corina's work is an integration of neuroscience and intuition. She is trained in a variety of modalities such as psychodynamic psychotherapy, Integrative Body Psychotherapy, the 12-Step Program, mindful movement (Nia, Moving To Heal) and energy medicine (TAT, HeartMath, Comprehensive Resource Model). Corina is certified in Cognitive Behavioral Therapy for Insomnia (CBT-I) and The Sounder Sleep System™.

Corina's life purpose is to help people move out of limitations, suffering and pain into full aliveness, joy and well-being.

For more information contact Corina Gheorghiu  
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