

### Your Day Away Seminar Series

- Stress Reduction Life Skills Seminar
- "Man Manual for Women" Life Skills Seminar
- "Woman Manual for Men" Life Skills Seminar
- Parenting Life Skills Seminar

Limited Enrollment - Entrance Fee \$125

For a Seminar format, click [here](#)

For upcoming dates and locations, please contact us using the form to the right

A non-medical educational wellness model not intended to diagnose, treat, or cure any disease