



Studying Our Stress with Dr. Abby

Is your stress impacting your health? Find out in this group exploration into the body's stress response. By running a cortisol test, Dr. Abby will be your guide in better understanding how your body is currently coping. You will come away with a better understanding of your health and concrete ways to improve your resiliency for managing stress.

Details

- 🌿 We will meet the evening of September 9th and September 30th, 2021, at 8:00 PM EST
- 🌿 Each class will be approximately an hour long
- 🌿 Emails and Facebook conversations will occur between class meetings

If you are interested in the class but unable to attend these sessions, please be in touch and let us know since we will be offering this class again in the future and would love to let you know when we do!

Registration Cost

- 🌿 Class registration includes:
 - Cortisol test kit + shipping\$170
 - Private Facebook group & Weekly Group Emails
 - Total Cost.....\$250
- 🌿 Participants will be sent an invoice prior to the first class to pay online

About the Cortisol Test

- 🌿 This class will utilize Genova Diagnostics' Adrenocortex Stress Profile with the Cortisol Awakening Response
- 🌿 This test takes saliva samples at several points throughout the day to measure hormone levels
- 🌿 Measuring hormone levels at different points throughout the day can give valuable insight into how your adrenal glands are doing and how your body is dealing with stress

For any questions, please contact our office at (914) 919-9300.