



**sharedwellness**  
— a network of care —

*Vibrational Healing*



## Mini Retreat for Caregivers

**Facilitated by:** The Awesome Outlet  
No Experience Required

**Hosted at Shared Wellness**

(185 Titus Ave. Warrington, PA)

**Saturday**

**January 10, 2026**

**11AM to 3PM**

## **BENEFITS INCLUDE:**

1. Drastically reduce feelings of stress and anxiety.
2. Release the weight of emotional exhaustion and "compassion fatigue."
3. Soothe your nervous system and promote deep, restful calm.
4. Improve mental clarity and find your emotional center.
5. Feel lighter, more grounded, and energetically "reset."
6. Invest in your own self-care so you can continue to care for others.
7. This is your time to simply receive

Your work as a Caregiver is essential, and the emotional and physical toll can easily lead to feeling drained, overwhelmed, or stuck in a state of high stress. This session is your dedicated time to hit your "reset" button. We've combined two powerful sound-healing modalities to help you release accumulated tension and restore your inner calm, so you can return to your work (and life) feeling lighter and more resilient. Come enjoy an immersion into the healing vibrations of Wellness (Within and Without).

**Teresa & Glenn James - Energetic Wellness  
Practitioners Transformational Wellness for  
Empowered Living ® TheAwesomeOutlet.com**

