

NOVEMBER 2023



PHW  
NEWSLETTER

November marks our 5 year Anniversary of opening Prairie Hope Wellness and our 2 year anniversary with our storefront!!

We are going to celebrate on December 7th by having a client appreciation day.

Watch our Facebook page for further details!!



On November 1st it was Stress Awareness Day.

Short-term stress - is defined as stress that lasts for a period of minutes to hours. Short term stress can give us a boost of energy, or help us overcome a challenge.

Chronic stress is stress that persists for several hours per day for weeks or months. Long term stress can have negative impacts on our physical and mental health. Make sure to take time to identify and manage your stressors to prioritize your overall wellbeing!

Visit  
[@prairiehopewellness.net](http://prairiehopewellness.net)

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Hope Wellness