

27. May 2022

Equality

## **Manage stress, live more relaxed**

### **Reading and workshop for women on Wednesday, June 22, from 7 p.m. in the Skylounge at TextilWerk Bocholt // Register now**

For interested women who have no time for long relaxation exercises between job, trouble in the family, health worries and hectic everyday life, a reading plus workshop will be held on Wednesday, June 22. Participants will learn how to deal with stress in everyday life in order to live more relaxed. Speaker Marlis Maria Brehmer promises effective and quick solutions to get rid of stress immediately. The event begins at 7 p.m. and is free of charge.

Registrations are accepted by the city's Equal Opportunities Office at [gleichstellung\(at\)bocholt\(dot\)de](mailto:gleichstellung(at)bocholt(dot)de).

"The seduction from the belly - 1001 secrets for a stress-free life", is the title of the event. Diploma and relaxation pedagogue Brehmer mediates with entertaining stories from the Orient and Occident, how simply modern stress mastering can be, in order to prevent on a long-term basis exhaustion and Burnout.

Bocholt's Equal Opportunities Officer, Astrid Schupp, cordially invites interested women to this event, which takes place as part of the "Frau+Beruf" series organized by the municipal Equal Opportunities Officers in the district of Borken.



# Die Verführung aus dem Bauch

1001 Geheimnisse für ein  
stressfreies Leben



Marlis Maria Brehmer

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