

Dear Peak Members,

The Governor of Montana. like many other states, has declared a state of emergency, requiring us to stay home to stop the spread of the Coronavirus (COVID-19) pandemic.

I'm Karna Sundby, Life Coach at Peak Health and Wellness in Missoula, Montana, and a Master Practitioner of NLP - Neuro Linguistic Programming.

These are very stressful times, so I wanted to provide some information about the impact of Stress on your body and give you some tools to help reduce the fear or anxiety that some people may be feeling. I've been using NLP for over 20 years to help clients deal with Trauma, PTSD, Anxiety, Stress and other issues. I hope you find these tips helpful.

I'll be doing other talks in the future on ways to cope during the the Coronavirus pandemic and I'd love to hear from you. How are you doing? How can I help?

Are there specific issues or challenges you'd like me to address in future talks?

Please email me with any suggestions: karna@inneraccess.org

I'm offering 1:1 sessions on the phone or Skype on a **sliding scale** so that I can help anyone who would like to book a session.

Please email if you'd like to set up a free consultation or a phone session.

Take care. Be safe. Stay well.

Sincerely,

Karna
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