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HEALTH & WELLNESS



Shift Happens!

with Karin Weiri



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**November 10th 2020: The Surprising Ways
Trauma Interrupts Our Daily Functionality**

Feeling Anxious? Depressed? Always on Edge? Always expecting the worst? Your body is tense? Having trouble focusing? Having trouble sleeping? Feeling body aches and pains? The Surprising Ways Trauma affects us long-term and what actually works to resolve all of the above mentioned maladies. Karin Weiri, LMFT and 20 year trauma intervention specialist talks about how to resolve the underlying cause of anxiety, depression, anger issues, irritability etc once and for all. What does life look like after resolving trauma? Peace. True inner peace that is felt in the body, not just something you

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