



Dreamtime Wellness
Your Bridge to Health™

Notice: During this National Emergency, Dreamtime Wellness LLC Goes “Virtual”

March 18, 2020

"Caution, without panic," is the directive of our national, state and local officials as well as our healthcare agencies, during this national emergency.

As we learn new information daily regarding the unfolding COVID-19 pandemic, my utmost priority continues to be the health and safety of my clients and the greater community. While many of my clients are healthy, others fall into the 'high risk' category, as designated by the Centers of Disease and Prevention (CDC). After careful deliberation, Dreamtime Wellness LLC has decided the most safe and prudent thing to do is to abide by the current 'social distancing' directive, and *In-person* sessions are 'on hold.'

As of March 16, we began offering only 'virtual' services (reiki, meditation, hypnosis), lectures and classes. Services offered are for relaxation, stress and pain management, behavior changes (weight management, smoking cessation/tobacco treatment, and more) healthy coping, and healthy lifestyle management. All which are greatly in need during this challenging time.

'Virtual' sessions and support are offered via Phone, Email, Webinar/Zoom, Skype, Facebook, Facebook and Instagram.

During this national emergency, all virtual sessions will be either discounted, offered by *sliding scale*, 'by donation,' and/or in some cases, FREE. **Contact us for Details and to Schedule or Session.**

We will honor all Gift Certificate and 'pre-paid' sessions, either *virtually*, or in-person once we resume normal business hours.

Contact us for stress relief and support with coping during this challenging time. Email: dreamtimewellness@gmail.com

We are all in this together, and together, we will get through this.

Be Calm. Be Courteous. Be Kind. Be Cautious. Be Safe. Be Healthy.

Best in Health,

Karen Pischke BSN, RN, Alumnus CCRN

Dreamtime Wellness LLC

978.283.4258

