



EnvironMental



facilitators:

**Alexandra-  
Maria Iurian  
&  
Andrei-Raul  
Cojocaru**



WILLINGNEST

CLINIC

*by Alexandra  
& Raul*

# Free webinar

# Nervous System REGULATION

---

**Give yourself one hour to truly understand  
how evidence-based strategies help regulate  
your nervous system — and discover a  
practical, effective exercise taught by  
accredited psychologists that you can apply  
right away**

---



**7 September  
19:00-20:00**



**Online, in Zoom**