

Darienite

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Workshop on Nighttime Breathing Problems, TONIGHT, Thursday, March 28

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Date : March 28, 2019

"The Power of Healthy Breath," a "health and vitality workshop" presented by CT Powerteam, takes place from 6:30 to 8:30 p.m. tonight, Thursday, March 28 at OsteoStrong Darien in the Goodwives Shopping Center.

— [an announcement](#) from *CT Powerteam* and [OsteoStrong Darien](#)

The guest speaker is Tara Clancy health educator and breathing specialist. She will talk about nighttime breathing problems. You'll learn:

* What nighttime breathing problems are

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- * Why they happen
- * Why they're such a pervasive problem
- * How to SPOT them
- * How to STOP them

The aim of the event is to bring together people with a passion for personal development and peak performance to learn, inspire and motivate each other to create their best lives.

The session will be introduced by CT Powerteam leader Dr. Leonaura Rhodes, a retired physician, health coach and medical writer. Leonaura will talk about lifestyle changes you can make to improve your health.

Light snacks and water will be provided, but no meal.

The cost is \$15 in advance, \$20 on the door. Visit CTPowerteam.org to buy your ticket.

This event will take place from 6:30 to 8:30 p.m., March 28 28 at OsteoStrong Darien in the Goodwives Shopping Center, 25 Old Kings Hwy. North.

About CT Powerteam

Many people attend personal development seminars, retreats or talks every year, with the likes of Tony Robbins, Brendon Burchard, Mel Robbins, Deepak Chopra, Franklin Covey and Landmark Forum.

At these events they might make life changing insights or decisions, but when they return to normal life it can be hard to stay motivated and inspired and this is where local groups, like CT Powerteam come in.

Local groups provide an opportunity to regularly meet up with other people with a passion for personal development, to gain knowledge, inspiration, motivation, drive and to ultimately thrive.

About Tara Clancy

[Tara Clancy](#), is an international speaker known for her conceptualizations and practical solutions. Currently, she serves as the President-elect of NSA-CT.

She is a certified educator, breathing specialist and creator of the o2 TARA GUIDES health series. Tara knows sleep problems and is writing a groundbreaking book on how to prevent sleep apnea.

About OsteoStrong Darien

[OsteoStrong](#) provides treatment for bone and muscle health for people at all ages and levels of activity. Sessions are 15 minutes, once a week, and utilize robotic musculoskeletal devices to trigger a natural response of our body to increase athletic performance, bone density, posture, balance, and reduce or eliminate joint and back pain