



# Soar Program: Fear of Flying

The SOAR program is designed to help those who experience anything from a slight to overwhelming fear of flying. The heightened security issues over the last few years have only made it more difficult for those who were already hesitant to travel by airplane.

The Wellness Corporation understands that whether you are uneasy about:

- small spaces
- being around strangers
- having your personal items searched

Or just being on a plane in flight, the experience of flying can negatively impact your work and personal life.

That's why we have a program that is designed by Captain Tom Bunn, a retired commercial pilot and licensed therapist, to teach you how to alleviate stress and anxiety that comes with the fear of flying.

Find out what's it like to be anxiety-free for your next business or leisure trip!



*For more information, contact us today!*

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**1-800-828-6025**