



FREE SEMINARS
using the
Mind & Body Approach

*******Wednesdays @ 6pm*******

April 10

Fat Myths...Big "Fat" Story

April 24

Digestion...Making your food work for you!

May 8

Women's Health/Menopause

May 22

Transformational Breathing *Kathy Smith*
(guest speaker)

June 5

Men's Health/Prostate

June 19

Pilates for Rehab *Jennifer Leight*
(guest speaker)

CALL TO RESERVE YOUR SEAT 609-383-1107