

Upcoming Talks sponsored by Health TLC

Robin Arnold, MS, LAc, CFMP and Don Wetsel, MA, LAc, BCTMB

For more information visit: www.healthtlc.com or call 540.886.9453

Amazing Thyroid

Date: Coming Soon in April or May

Time: 7:00 p.m. – 8:30 pm

Instructor: Robin Arnold, MS, LAc, CFMP, and Don Wetsel, MA, LAc, BCTMB

Location: Health TLC, 536 Calvert Street, Staunton, 886-9453

Learn about the Thyroid's link to: weight gain or loss, fatigue, stress, depression, lack of energy, mental sluggishness, low body temperature, intolerance to cold and more! Thyroid dysfunction can even be a hidden cause of neck pain and other aches and pains. Learn natural ways to help improve and/or restore healthy thyroid and endocrine function.

Fee: Free, Call Health TLC to Register: (540) 886-9453

These and other talks will be scheduled when possible. Let us know if there is a topic you would like us to address.

Why Can't I Lose Weight?

Date:

Time: 7:00 p.m. – 8:30 pm

Instructor: Robin Arnold, MS, LAc, CFMP, and Don Wetsel, MA, LAc, BCTMB

Do the numbers on your scale continue to remain too high despite significant efforts to lose weight by reducing your food intake or exercising? Many of our beliefs about how to achieve weight loss are actually myths that confuse and thwart our efforts to lose weight. Lessons learned from exploring these myths will give you practical tools to change habits and behaviors that undermine your weight loss efforts and health goals. Learn effective ways of losing weight and increasing your vitality and energy even in difficult cases. Increase your years of good health and delay the onset of illness in old age. For more information: www.healthtlc.com

GERD, Heartburn, Irritable Bowel and Other Digestive Disorders

Date:

Time: 7:00 p.m. – 8:30 pm

Instructor: Robin Arnold, MS, LAc, CFMP, and Don Wetsel, MA, LAc, BCTMB

Do you love to eat, but also dread it? Digestive problems often become uncomfortable, painful facts of life for many of us. What most don't know is that there are additional hidden far-reaching concerns, which over time will significantly decrease your health, well-being and even your life span. Digestive problems mean nutritional deficiencies and poor nutrition equals poor health. Learn common causes of many digestive problems as well as safe and natural ways of preventing and eliminating them while restoring your overall health and improving your longevity.

For our Brain Gym® and Touch for Health Class™ Schedule, please visit our website: www.HealthTLC.com