

Health TLC

Promoting Health, Energy & Longevity Through Heart-Centered Transformational Lifestyle Choices

FREE TALKS

As A Public Service To All Interested In Living A Life Of Health & Vitality

Presented by Don Wetsel, MA, LAc, NCTMB & Dr. Susanna Wetsel, DC, CCN, DACBN

STAUNTON

Stress and Learning Enhancement: Brain Gym Introduction

So many of us struggle today with increased stress and mental fatigue. Simple easy-to-learn intentional movements can quickly decrease your stress levels and allow you to perform at your best within minutes of their use. They are used for stress reduction and learning enhancement. You will experience the power of these movements for yourself during the session. They can be used to quickly calm and center yourself, improve memory and focus, learn easier, enable you to think more clearly, communicate more effectively and organize yourself better. Sound too easy? Come see for yourself!

Health TLC 536 Calvert Street, Staunton, VA

Tuesday, February 21, 2012, 7:00 pm

Amazing Thyroid: And a Balanced Endocrine System

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 be a hidden cause of neck pain and other aches and pains. Learn natural ways to help restore healthy thyroid and endocrine function.

Health TLC 536 Calvert Street, Staunton, VA

Thursday, March 8, 2012, 7:00 pm

Fibromyalgia and Chronic Fatigue

Being diagnosed with either of these syndromes is frightening for most. Learn about the causes and methods to decrease/eliminate the devastating effects of these illnesses.

Health TLC 536 Calvert Street, Staunton, VA

Saturday, March 24, 2012, 10:30 am

LEXINGTON

Amazing Thyroid: And a Balanced Endocrine System

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 be a hidden cause of neck pain and other aches and pains. Learn natural ways to help restore healthy thyroid and endocrine function.

Rockbridge Regional Public Library Main Street, Lexington March 15, 2012 7:00 pm

Augusta Parks and Recreation Department, Verona, VA

Must pre-register with Augusta County: (540) 245-5727 <http://www.co.augusta.va.us/index.aspx?page=44>

Healthy Heart

February 23, 2012, 7:00 pm

Waist Management

March 13, 2012 7:00 pm

Tired of Being Sick and Tired

May 14, 2012 7:00 pm

Please visit our website www.healthtlc.com for more information about us

SEATING IS LIMITED MAKE YOUR RESERVATION NOW: PLEASE PRE-REGISTER
FOR FURTHER INFORMATION ON THESE AND OTHER UPCOMING TALKS AND CLASSES CALL

Health TLC (540) 377 – 9453 Toll Free: (877) 822-9821
5819 N. Lee Highway, Fairfield, VA ('The Castle' off I-81 at Exit 200)
536 Calvert Street, Staunton – Opening Soon

*HEALTH TLC IS COMMITTED TO IMPROVING THE QUALITY OF LIFE FOR EVERYONE
Please let Us Know if you Would like us to Present a talk for your Group!