

Alternatives for Healthy Living, LLC

presents

Breakfast Workshop

**Stress Reduction
with a New Twist**

Learn and Practice

- Modern Stress Reduction Methods from Ancient Chinese Medicine
- Heart Based Techniques to bring love, joy and peace into your life
- New and innovative ways to control and change destructive beliefs and emotional reactions,

Presented by Dr. Lorna Minewiser and Dr. Pat Yoder



Date and Time: Saturday March 21, 2009.
8:30am to 11:00am

Place: Vintage House. 31816 Utica, Fraser

Cost: \$15 for one person. \$25 for two
Cost includes buffet breakfast

For Reservations call Pat Yoder at 586 790-2610 or Lorna Minewiser at (586) 783-2715

Make checks payable to:
Alternatives

Mail with information below to
Alternatives for Healthy Living, LLC
36389 Harper, Clinton Township, MI 48035

Registration Form for Breakfast Workshop
Registration Deadline: March 7th

Name _____

Address: _____

Phone: _____ Email: _____

Paid: _____ \$15.00 for one person _____ \$25.00 for two _____ other \$ ____.

Check our websites for ongoing information at
www.energypsycheducation.com or www.emotionalfreedomcoach.com