

2009

INTRODUCING A SERIES ON

WELLNESS

Featuring Sue Paul, R.N., M.S.N., C.N.M.



SPONSORED BY
DR. DENNIS BRICKNER

"HEALTHY EATING"

SEE SEMINAR NUMBER 5

A Seminar Series Presenting the Comprehensive Components of a Healthy Lifestyle



ABOUT US...

Our mission is to educate and encourage men and women to make healthy life choices.

Each of our seminars provides a comprehensive component in building a lifestyle and commitment to solid health. Sue Paul, our highly trained educator, is professionally and personally dedicated to spurring on your individual wellness commitment.



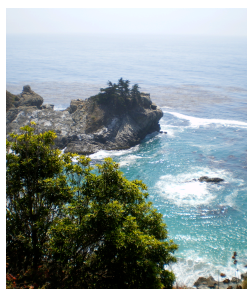
Sue serves us under the leadership of Dr. Dennis Brickner, Chiropractor, Springboro, Ohio. Dr. Brickner's keys to a healthy and well balanced lifestyle include... Exercise, sleep, drinking adequate amounts of water, eating real food - not fake food, good attitude,

prayer, obedience, a fully functioning nerve system, determination, and work.



Each class in the series builds upon the previous classes. In order to maximize learning, participants are encouraged to register for the entire series.

For more information, please contact the office of Dr. Dennis Brickner at (937) 748-4533.



Seminars

Beginning Thursday, Jan. 14 7-9 p.m.



The Body as a Whole

An Overview of Wellness

With education in regard to the inner workings of your body, this session encourages you to take responsibility for your own health.

Jumpstart!

What the Body Needs

This highlights the comprehensive list of "ingredients" your body needs to thrive.

Garbage In Garbage Out?



Understanding Science

This seminar will establish the relationship between the body and the pH balance.

What's In a Name?

Knowing What's In Your Food, Etc.

Do you really know what's in your food, toiletries, and cleaning supplies? This session dares to tell.

Bon Appétit

Healthy Eating

This discussion will cover extensive education and encouragement in making wise food selections, such as organic vs. non-organic, raw vs. cooked, etc.

COST: \$30 per class. Save 20% when registering for the complete series... Complete series is only \$120!