

# Health at Your Fingertips presents HORMONE HEALTH A Women's Wellness Retreat: September 7<sup>th</sup>, 2014



## Deborah Myers and Her Team will give you...

- Ways to look and feel your best with ease
- Natural ways to balance your hormones
- Lots of yummy food
- Ways to increase your vitality and productivity
- A "me day" where you will learn how to easily reduce anxiety and stress
- Time to "be and enjoy life" in Deborah's home and garden

## Your Team and what they will bring to YOU

- **Deborah Myers:** easy, effortless ways to balance your energy and create health from your very core.
- **Maria Battista:** Sacred Mountain Yoga. Yoga practice for natural balance and vitality at any age. [www.mariabattistayoga.com](http://www.mariabattistayoga.com)
- **Shiroko Sokitch, MD and Medical Acupuncturist:** owner and practitioner at Heart to Heart Medical Center, Santa Rosa. Dr. Shiroko offers a unique blend of Western and Eastern Medicine. [www.hthmc.com](http://www.hthmc.com)
- Handouts to take with you from our speakers



**Deborah Myers:** works with people who want to feel healthier, be stronger and increase their vitality. Founder and Director of Health at Your Fingertips, Myers is passionate about empowering others to live life in a balanced and healthy way. She assists individuals in their search for stress reduction, pain relief and healing. Through coaching and workshops, Deborah has helped hundreds of people discover how they can easily and effortlessly attract what they want in their lives and have health at their fingertips. She is a Certified Acupressurist and Jin Shin Jyutsu practitioner. Myers stimulates her audience to tune in to their own bodies and use intuition to guide the integration of these healing techniques.



## When and Where

**Sunday:** September 7, 2014 from 9:00 am to 4:00 pm

**Location:** 2816 Hidden Acres, Santa Rosa, CA

**Tuition:** *Early Bird \$99 by August 15*, \$139 after August 15 – includes lunch, snacks and handouts. Purchase a comprehensive Health at Your Fingertips workbook for \$39.00 at the retreat

**Registration:** Call 707.546.5692 to reserve your space. Mail registration form with payment to 2816 Hidden Acres Road, Santa Rosa, CA 95404

**Or register and pay online at [www.healthatyourfingertips.com](http://www.healthatyourfingertips.com)**

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Send this form with payment to: Health at Your Fingertips, 2816 Hidden Acres Road, Santa Rosa, CA 95404

First: \_\_\_\_\_ Last: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Company: \_\_\_\_\_ email: \_\_\_\_\_ Date: \_\_\_\_\_  
 Address \_\_\_\_\_ **Early Bird: \$99 x** \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ After Aug. 1: \$139 x \_\_\_\_\_  
 Workbook: \$39 x \_\_\_\_\_  
 Total Amount Enclosed: \_\_\_\_\_