

Spring Cleaning for Your Body and Mind



Get your ducks in a row – and move into summer with ease

Be all you want to be – and do all you want to do!!

- Create optimum balance in your health and well-being
- Enjoy your days and live in a body that lets go of stress, allergies & symptoms
- Increase your vitality and have enough to do all you want to do!
- Balanced energy allows for greater ease and flexibility no matter what the activity! Learn energy movements that will “warm you up” and you’ll be able to do more. And your body won’t go into reaction and discomfort!



When and Where

Wednesday: April 30, 2014, 6:00 to 9:00 pm

Location: Vista del Lago Recreation Center, 3150 Lakeview Drive, Santa Rosa, CA

Tuition: \$79 – includes handouts. Purchase a comprehensive Health at Your Fingertips workbook for \$39.00 at the workshop

Earlybird Pricing: \$59.00 until April 20th, \$79 thereafter

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



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.

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 _____ Workshop: \$79/\$59 x _____

City: _____ State: _____ Zip: _____ Workbook: \$39 x _____

Total Amount Enclosed: _____