



# HEALTH *at your fingertips*™



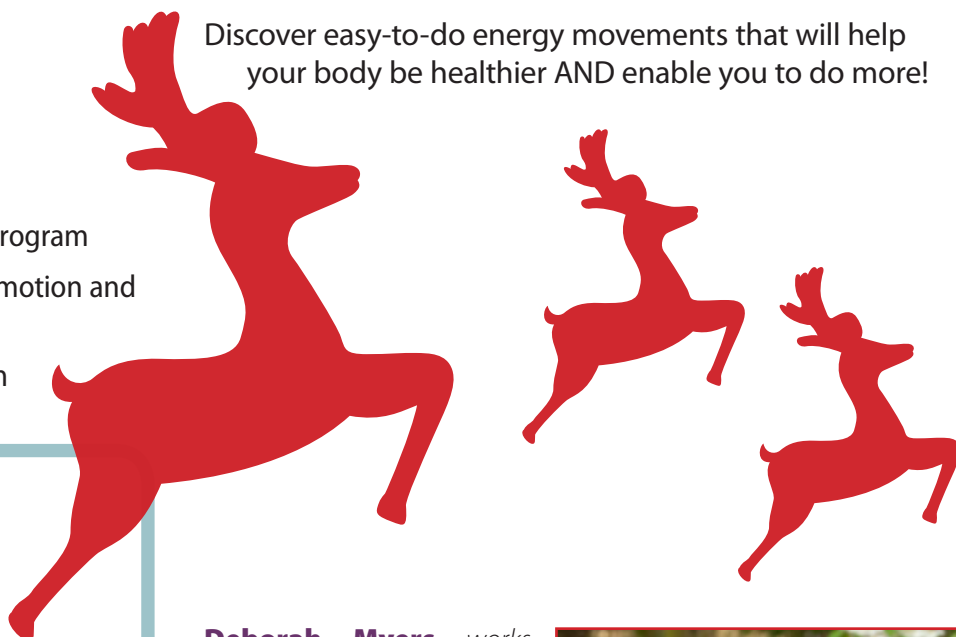
## Navigate through the Holidays With Ease

*Create happy holiday habits that will take you through the season and the rest of your life*

### Learn easy stress busters:

- Make time for yourself
- Using your breath to stay calm
- How to create optimum balance
- Relieve pain and discomfort
- Get MORE out of your exercise program
- Relieve the effects of repetitive motion and prevent injury
- Strengthen your immune system

Discover easy-to-do energy movements that will help your body be healthier AND enable you to do more!



### When

Monday, November 17, 2014  
6:30 to 8:30 pm

### Where

Vista del Lago Community Center  
3150 Lakeview Drive  
Santa Rosa, CA 95405

### Your Investment

\$59 when you register by **November 7**.  
\$79 at the door. Space is limited.

### Contact

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707-484-5515 cell or  
707-546-5692 (office)

### Register online

<http://bit.ly/JingleB>

**Deborah Myers** works with people who want to feel healthier, be stronger and increase their vitality. Founder and Director of Health at Your Fingertips, Deborah is passionate about empowering others to live life in a balanced and healthy way. In her private practice, she assists individual clients in their search for stress reduction, pain relief and healing.



**Through coaching** and workshops, Myers 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, Jin Shin Jyutsu practitioner and Theta healer and has been seeing clients for over 18 years. Deborah allows her intuition to guide the integration of these healing techniques to match the needs of her clients.