

*Who do you know who is concerned about...*

Heart Attacks & Strokes

Cancer Risk

Diabetes

Immune Deficiency

High Blood Pressure

Arthritis

Inflammation & Pain

Indigestion & Heartburn

Acid Reflux

Fibromyalgia

Asthma & Allergies

Constipation/Diarrhea

High Cholesterol

Candida & Yeast Infection

Multiple Sclerosis (MS)

Colitis/Diverticulitis

Osteoporosis

Chronic Fatigue

Low Energy & Stamina

ADD/ADHD

Cataracts/Glaucoma

Aging Concerns

Carpal Tunnel Pain

*Please join us for a*

***Family Wellness 101 Workshop***

A simple and natural approach to wellness

We are all faced with different health challenges at some point in our lives. Because nothing is more important than our health, we would like to invite you to join us in learning about some of the latest advances in the science of Natural Health and Wellness.

We are inviting some of our closest friends because we care about you and your wellness journey.

*Hosted by:* Preya Shah, PT, RYT, CST

Tuesday, July 26th 2016

 *Stone Turtle Yoga*

*9435 N Cut Rd, Roscommon Mi 48635*

*Directly following Hatha Yoga Class*

*Registration: 6:35 pm*

*Program begins at 6:45 pm*

*Please RSVP ASAP to:*

Preya Shah

preyashah@hotmail.com



***Family Wellness 101 Workshop***

A simple and natural approach to wellness

|  |  |  |  |
| --- | --- | --- | --- |
|  | **You**  | **Family & Friends**  | **Name** |
| **Energy** and/or Healthier Alternative to Energy Drinks | Yes | Yes |
|  |  |  |  |  |
| **Weight Loss** | Yes | Yes |
|  |  |  |  |  |
| **Joint/Ligament Flexibility** (Carpel Tunnel, Arthritis, RA, Orthopedic, etc) | Yes | Yes |
|  |  |  |  |  |
| **Blood Sugar Maintenance** | Yes | Yes |
|  |  |  |  |  |
| **Heart Health** (Blood Pressure, Cholesterol Levels, Vascular, Clotting, Circulation) | Yes | Yes |
|  |  |  |  |  |
| **Respiratory Health** (Asthma, Allergies, Sleep Apnea, etc) | Yes | Yes |
|  |  |  |  |  |
| **Digestive Health** (Acid Reflux, Ulcers, IBS, Crohn’s, Colitis, etc) | Yes | Yes |
|  |  |  |  |  |
| **Improved Sense of Well-Being** (Stress, anxiety, Depression) | Yes | Yes |
|  |  |  |  |  |
| **Pain / Inflammation Relief** | Yes | Yes |
|  |  |  |  |  |
| **Foot / Muscle Relief** (Gout, Cramping, Restless Leg) | Yes | Yes |
|  |  |  |  |  |
| **Healthy Immune Function** (Colds, Flu, Autoimmune Diseases) | Yes | Yes |
|  |  |  |  |  |
| **Skin Health** (Eczema, Psoriasis, Acne) | Yes | Yes |
|  |  |  |  |  |
| **Improved Sleep** | Yes | Yes |
|  |  |  |  |  |
| **Other Health Concerns \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
|  |  |  |  |  |
| **Do you take Vitamins or Herbals of any kind?** | Yes | Yes |
|  |  |  |  |  |
| **Are you under the supervision of a Health Professional?** | Yes | Yes |
|  |  |  |  |  |
| **Do you take prescription medication?** | Yes | Yes |
|  |  |  |  |

**Circle all of the above that are applicable and bring this survey with you for a FREE GIFT!**

We are all faced with health challenges at some point in our lives.

Nothing is more important to us than our health.

Taste some samples

Learn about better nutrition & listening to your body

Learn how you can FEEL BETTER and LIVE LONGER

Have FUN!!