Is your health and well-being a priority,

but you're overwhelmed by all the options out there?

knowledge brings awareness brings choice brings freedom brings knowledge

Living Well
DISCOVER THE OPTIONS

Take charge of creating your own wellness!

Experience options in a safe and fun environment!

Join us for . . .

A Day of Living Well!

Sunday, September 8, 2002
11:00 AM - 4:00 PM
Hibernian Hall
151 Watertown Street
Watertown, MA

Discover choices for your health and well-being from the outside in and the inside out!

Something for Everyone!

Pay one admission* Explore for the entire day!

Free parking and easily accessible by Bus #70

WELLNESS STATIONS

Each Wellness Station offers a variety of free demonstrations, information and/or products from local specialists.

- Shiatsu & Massage
- Acupuncture & Herbs
- Muscle Testing
- Whole-Foods Nutrition
- Spiritual Healing
- Yoga & Tai-Chi
- Life & Youth Coaching
- Magnetic Therapy
- Music & Dancing
- Reiki & Much More...

Plus A Silent Auction and Raffle!

Wear comfortable clothes and choose what appeals to you!

ADMISSION

*Adults $8 pre-register/$12 at the door
Kids 13 & under free if pre-registered/$4.00 at the door
Healthy food and refreshments available!

REGISTER NOW!

www.LivingWellEvent.com

Info Hotline: 617-566-8775

A portion of the proceeds will be donated to the Elizabeth Stone House - www.elizabethstonehouse.org.

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