

# Is your health and well-being a priority,

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



## Take charge of creating your own wellness!

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

Pay one admission\* Explore for the entire day!

Free parking and easily accessible by Bus #70

Experience  
options in a  
safe and fun  
environment!

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

Something  
for  
Everyone!

## 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](http://www.LivingWellEvent.com)

Info Hotline: 617-566-8775

A portion of the proceeds will be donated to the Elizabeth Stone House - [www.elizabethstonehouse.org](http://www.elizabethstonehouse.org).