

The Working W²OMEN Committee of the Greater Gardner Chamber of Commerce

present:

Focus on Women's Health: Taking Care of Your Mind, Body, & Soul

Date: Wednesday, November 7, 2007
Location: Colonial Hotel, 625 Betty Spring Road
Time: 5:00pm—Networking & Hors d'oeuvres
6:00pm—Presentations
Cost: Chamber members: \$15, non-members: \$20

Holistic Therapies

All About You: Solutions for Body & Soul

Sherry O'Toole, All About You

As a generation, we are growing older in terms of years, but are not ready to become our grandparents. We will introduce exciting new *and* ancient techniques that offer solutions for well-being and do not require prescriptions or invasive procedures. EFT is an emotional version of acupuncture. Needles aren't used; Instead, energy meridian points on your body are stimulated by tapping them with your fingertips. Ayurveda, a sister life science to yoga, is the one of oldest and most continuously practiced health-care systems in the world. Drawn from Vedic text of India dating back 5,000 years. Ayurveda addresses the person as a whole and encourages individuals to actively participate in creating their own health well-being.

Auto Safety Facts:

The Lecture That May **Save a Life.**

Dr. Sean E. McCauley, McCauley Chiropractic Center, P.C.

Did you know?

- 80% of drivers don't know how to use car seats properly
 - Most injuries occur at crash speeds below 12 mph
 - Most cars withstand 8-12 mph impacts without structural damage
 - In the US, there are 7-8 million crashes per year. 3 million occupants will be injured, 1.5 million occupants will have chronic pain. and about 300,000 of these will be disabled.
- ...So a few simple interventions and a little information can save many lives and prevent a lot of lifetime suffering.

Limited vendor space is available for tabletop displays at a cost of \$30 per table for Chamber members and \$40 for non-members.

Contact the Chamber to reserve your space today.

Advanced registration requested

Please contact the Greater Gardner Chamber of Commerce for more information or to reserve.

Call (978)632-1780 or fax the form on the back of this flyer to (978) 630-1767

SPECIAL THANKS TO OUR SPONSOR: