

# Health TLC

Promoting Health, Energy & Longevity Through Heart-Centered Transformational Lifestyle Choices

Presents a Series of

## FREE TALKS

As A Public Service To All Interested In Living  
A Life Of Health & Vitality

Don Wetsel, MA, LAc, NCTMB &/or Dr. Susanna Wetsel, DC, CCN, DACBN

### FAIRFIELD

#### *Touch for Health Introduction*

Learn basic techniques to help yourself and others reduce stress and improve their health and well-being.

Health TLC 5819 North Lee Hwy, Fairfield, VA July 27, 7:00 pm

#### *Brain Gym Introduction*

So many of us struggle today with increased stress and mental fatigue. Simple easy-to-learn intentional movements can quickly decrease your stress levels and allow you to perform at your best within minutes of their use. They are used for stress reduction and learning enhancement. You will experience the power of these movements for yourself during the session. They can be used to quickly calm and center yourself, improve memory and focus, learn easier, enable you to think more clearly, communicate more effectively and organize yourself better. Sound too easy? Come see for yourself!

Health TLC 5819 North Lee Hwy, Fairfield, VA August 30, 7:00 pm

### LEXINGTON

#### *Oh Those Female Hormones*

Lexington Public Library Main Street, Lexington July 13, 7:00 pm

### WAYNESBORO

#### *You Gotta Have Heart!*

This will be the integration of many of the systems I have studied the last 30 years – should be fun! Don

Chrysalis meeting at Unitarian Church in Waynesboro, September 13, 3 - 5 pm

Augusta Parks and Recreation Department, Verona, VA (small fee: must pre-register)

Oh Those Female Hormone	July 12, 6:30 pm
Stress Reduction and Learning Enhancement	August 9, 6:30 pm
Tired of Being Sick and Tired	September 22, 7:00 pm
Amazing Thyroid	October 18, 7:00 pm
Premenstrual Syndrome	November 9, 7:00 pm

Please visit our website [www.healthtlic.com](http://www.healthtlic.com) for more information about us

**SEATING IS LIMITED MAKE YOUR RESERVATION NOW**

**FOR FURTHER INFORMATION ON THESE AND OTHER UPCOMING TALKS AND CLASSES CALL**

**Health TLC Toll Free: (877) 822-9821**

**5819 N. Lee Highway, Fairfield, VA ('The Castle' off I-81 at Exit 200)**

**\*HEALTH TLC IS COMMITTED TO IMPROVING THE QUALITY OF LIFE FOR EVERYONE**

**Please let Us Know if you Would like us to Present a talk for your Group!**