



Perfect Health:

Making Sense of Food

— Part I - A Primer for Well-Being

In his book, *Perfect Health: the Complete Mind Body Guide*, Deepak Chopra, M.D. states that there exists in everyone of us the place called perfect health.

Join us to learn:

- *What to eat & how to read labels*
- *About food, hormones & digestive enzymes*
- *How to eat in our busy world*
- *How to restore balance & vitality in your life*

You will leave this workshop inspired, motivated and prepared to take immediate steps to align your life for Perfect Health.

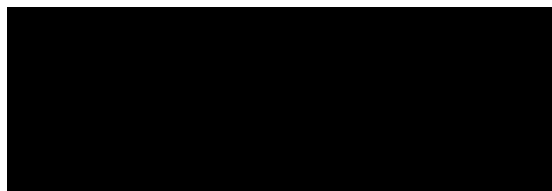
Facilitators: Helene Leonetti, M.D. & Greg Schweitzer, DAy.

Helene is a board certified OB-GYN physician and self-described gynechiatrist. She is an author and one of the most entertaining and inspiring keynote speakers in America. Greg has been teaching health principles and stress reduction strategies (including meditation) for over 30 years. Both have been profoundly affected by the work of Deepak Chopra, M.D.

Wednesday, Sept. 15 – 6:30 to 8:30 pm

Fee: \$25.00

Pre-Register – 610.395.3355



Fogelsville Area W of Rt. 100, off Schantz Rd., between Rt/ 78 & 222 - 628 Twin Ponds Rd., Breinigsville, Pa. 18031

www.twinpondscenter.com