



SPECIAL EVENT WITH DR. FRED SCHULTZ AND ESSENTIAL
HEALING AND MASSAGE

JANUARY HEALTH LECTURE AND YOGA WORKSHOP

TOPIC:

ANXIETY AND DEPRESSION

** SUNDAY JANUARY 29TH 2012 **

10:30 AM TO 4:00 PM

LOCATION:

2100 MANCHESTER ROAD SUITE 940 WHEATON IL 60187
(630) 863-4712

[Raffles for Prizes in our Office at Suite 610!](#)

In keeping with our Workshop topic, The **Yoga workshop** is geared for ANYONE- no experience necessary. Did you know that Yogic Breathing helps to lower blood pressure, relieves headaches, and helps elevate and modulate ones mood? Following the "hands on" learning in the Yoga and Breath Workshop, the Health Lectures will give you some insight into other options to cope with anxiety and depression.

10:30 AM FREE 2 hour beginning Yoga and breathwork (Pranayama) workshop followed by a short relaxation exercise . All are welcome 20 minutes before the ending of the workshop to participate in the relaxation-meditation!



1:00 PM FREE Helen Floyd will talk on benefits of Massage Therapy , Reflexology and Bodywork in general and the documented effects on Depression/Anxiety.

At approximately 1:20 PM Dr. Fred Schultz of The Center for Health and Healing , with decades of experience in treating patients will give another of his wonderful detailed, in-depth talks on the physiology of Anxiety and Depression, and options for coping without anti-depressive drugs.

****You can help us plan by doing an RSVP to us. Email : Helen@essentialhm.com or call 630.863.4712**