

Integrative Medicine...Intelligent Healthcare

► Anxiety and Depression Lecture

Diagnosing Underlying Causes, Discussing Treatment Options

Are you feeling stressed, sad and overwhelmed?

Do you experience uncontrollable fear and worry?

Many people are looking for natural methods to treat anxiety and depression.

On Sunday, January 29th at 1:00 pm

Dr. Fred Schultz will explain his methods of
diagnosing and correcting underlying causes of anxiety and depression.

Join us for this informative, enlightening lecture.

The lecture will be held at the Essential Healing & Massage Conference Room,
located at 2100 Manchester Rd, Ste. 940, in Wheaton.

Event is free but space is limited.

RSVP: (630) 863-4712 or email helen@essentialhm.com

☯ Also on Sunday, January 29th, starting at 10:30 am, Helen Floyd is offering a free 2-hour Yoga Workshop! ☯

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This is the second in a series of events developed and presented by Center for Health & Healing and Essential Healing and Massage
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Fred Schultz, M.D. is a Fellow of the American Academy of Family Physicians and the Illinois Academy of Family Physicians.

He is a member of American College for Advancement in Medicine, Institute for Functional Medicine,

Age Management Medicine Group, American Academy of Anti-Aging Medicine and American Association of Integrative Medicine.

He is Board Certified in Integrative Medicine.

*He is a 2-time recipient of America's Top Family Doctors award, a 2-time recipient of Patients' Choice award,
a 2010 recipient of Compassionate Doctor award and a 5-time recipient of AMA's Physician Recognition award.*