

Practitioners Empowering People Presents:

STRESS

Natural, do-it-yourself approaches to combat it

Location: Living Water Christian Fellowship Church

31571 Rancho Viejo Rd. San Juan Capistrano

Date & Time: Friday, May 15th, 6:30-8:30pm

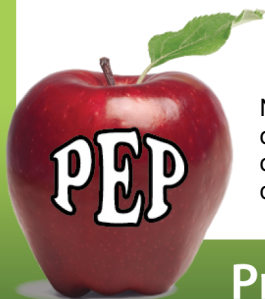
Reserve Seating: 949-582-9090

**STRESS is responsible for up
to 90% of doctor's visits**

- Learn the LATEST on alternative approaches to STRESS.
- You'll learn ways you can REDUCE your stress response in the comfort of your own home.
- Learn ways to support your energy & mood naturally.
- Quick health screens to identify which technology applies to you.
- Ask questions of the health care professionals.
- Receive helpful handouts on what you need to know and do.
- UNDERSTAND the common sense causes of STRESS and KNOW what to do when you leave this PEP Talk.

~~\$8:00 per person~~ No Charge

~~\$4.00 ea person for two or more~~ No Charge



Note: Only licensed health care professionals belong to PEP Talk, International, a not-for-profit health education organization. They are selected by invitation only based on their expertise and are not compensated. All monies are to offset costs and overages are donated to the USA based ONE Research Foundation, a non-profit organization dedicated to cutting edge research.

Tools You Can Use Now
Ask The Drs Questions
Gift Giveaways
Free Food
Featuring 4 Leading Drs