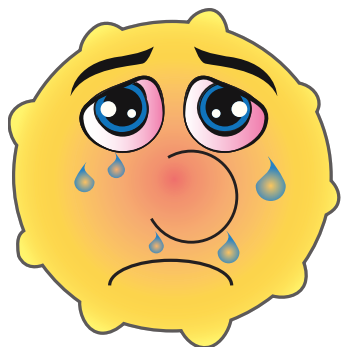


Allergy Relief @ Your Fingertips Workshop



Wednesday, May 22
6:30 pm to 8:30 pm
\$45.00
coLab
427 Mendocino Avenue
Suite 100
Santa Rosa, CA 95401

Ways to Register:

Online: <http://bit.ly/Sneeze22>

Phone: 707.546.5692 to reserve your space

Mail: Send your completed registration form and payment to:
2816 Hidden Acres Road, Santa Rosa, CA 95404

707.546.5692 • deborah@deborahmyerswellness.com

Would you like to know how to stop sneezing, coughing, wheezing and suffering from seasonal allergies without side-effects? At this workshop, you will discover simple to learn and easy to use self-help acupressure remedies.

You'll Learn How to:

- Open breath and calm your system
- Reduce mental confusion, tired eyes, and sinus congestion
- Relieve respiratory distress
- Release jaw and throat tension
- Help your body heal itself
- Send headaches packing



Deborah Myers, founder and Director of Deborah Myers Wellness, is passionate about empowering others to live life in a balanced and healthy way. In her private practice as an Acupressurist and Jin Shin Jyutsu practitioner, she has assisted clients in their search for stress reduction, pain relief and healing.

Deborah's workplace wellness programs are bringing success and vitality to many businesses. She is the creator of a program designed to support the well being of children in the classroom and at home. It is also available as a program for grown-ups for work, home and life. Daily Clean Your House Flow™ kits include an animated video and companion book.

Deborah Myers Wellness



Easy Self-Help Acupressure
for kids and grown-ups

deborahmyerswellness.com



Send this form with payment to: Deborah Myers, 2816 Hidden Acres Road, Santa Rosa, CA 95404

First: _____ Last: _____ Phone: _____

Company: _____ e-mail: _____ Date: _____

Address _____

City: _____ State: _____ Zip: _____

Credit Card Type: _____ Acct #: _____ Exp Date: _____ CSV: _____

\$45.00 per person _____ CODE: _____ Total Amount Enclosed: _____

If you are enrolling others, please provide their names and contact information _____