

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

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.

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

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 _____

State: _____ Zip: _____

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 _____