



ENERGIZE YOUR CENTRAL NERVOUS SYSTEM



by **Annemarie Gairy**

Registered Nurse & Lifestyle Counsellor

Explore the tools which activate and rejuvenate the central nervous system. This will be an intriguing analysis of how lifestyle factors enhance physical and mental capabilities.

with guest musical artist,
Marcia A. Taylor

Saturday, January 27, 2007 @ 5:00 pm

Willowdale Seventh-day Adventist Church
535 Finch Avenue West, Toronto

(just west of the Finch & Bathurst
intersection beside Branson Hospital)

Another FREE healthy lifestyle program by the Health Ministries Department!



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