



ALASKA CENTER FOR ACUPUNCTURE

Presents:

The Mind Body Connection

Presented by Amy Thomas

Date: Wednesday, August 19th
Time: 7pm-8pm
Cost: FREE
Location: Alaska Center for Acupuncture, Palmer AK (in the Koslosky Center, above Vagabond Blues)

Would you like to understand why some of your behavior patterns are less than optimum? Why some of your health conditions are a challenge? Why you have situations in your life you don't understand? Why you respond in a certain way?

Would you like to learn some proven techniques to instantly relieve stress? In this workshop you will learn a few techniques that you can immediately put into practice to see results for all kinds of emotional upsets in your life.

What you will learn in this workshop:

- Stress release techniques to improve the quality of your life and the lives of others
- Natural techniques for increasing the body energy
- Body talk techniques for optimum balance

This is a hands on presentation. Dress casually and be prepared to have fun!

Please pre-register for this presentation by calling **Alaska Center for Acupuncture at 745-8688** Space is limited, so call early!

About the presenter: Amy Thomas graduated from the University of Alberta many years ago with a minor in psychology. She has an intense interest in human behavior and why people do what they do. Once exposed to alternative ways of dealing with behavioral patterns she came to the conclusion that working with cellular energy and the mind-body connection is one of the most powerful methods for getting great results. For the past 17 years she has worked in a variety of health situations including with an M.D, chiropractor, and in her own practice. She presently has her own practice -Quantum Health @ 357-1234 in Wasilla. She also presents workshops and seminars on a variety of topics dealing with human behavior.

For more information, about this and other upcoming events, visit
www.AlaskaAcupuncture.com