

Are you sick and tired of being sick and tired?

Join Best Selling Author Dr. Linda T. Nelson, ND, PhD
and Alternative Health for a Special Event



Protect Yourself from Depression, Cancer and Other Auto-Immune Diseases

Dr. Nelson will be speaking on "WHAT YOU NEED TO KNOW ABOUT CANCER AND OTHER AUTO-IMMUNE DISORDERS." She will share her insights as an internationally recognized expert on Holistic Wellness and Women's Health Issues. Dr. Nelson is the best selling author of "*Fibromyalgia & Candida: Symptom Free in Six Months*", "*From Surviving to THRIVING: Living a Cancer-Preventive Lifestyle*" and "*Losing Mom: A Holistic Approach to Healthy Aging*". She has devoted over 25 years of research to Fibromyalgia and Candida, and has developed "Lifestyle Change Programs" that are used in over 2000 wellness centers around the world. Her programs have helped thousands of sufferers become symptom free - naturally.

Topics include:

- Risk factors for cancer and other auto-immune disorders
- The origin and progression of auto-immune diseases
- The immune system, your greatest weapon against the onset and spread of disease
- Lifestyle changes necessary to rebuild your immune system
- Skills needed to take charge of your health
- Disease, through the eyes of a care-giver
- How your lifestyle can help prevent depression

Please join us for this highly informative seminar:

**Thursday, March 11th @ 1:00 PM
Hampshire Regional YMCA
286 Prospect Street, Northampton, MA**



**Cost is Free! Reservations are requested to reserve your space
413-569-1155 or 800-322-6855**