

2010 WOMEN'S HEALTH AND WELLNESS SERIES: Putting the Pieces Together

Please join us for our workshop series designed specifically for women. Each week we will feature a special speaker to address various aspects of health and wellbeing — helping you to put all the pieces together.

March 10

Toxicity & Detoxification — Healing Your Body *with Morella Devost*

Learn about the toxic environmental items we are exposed to in household products, homes, and foods. In this class you will learn about the toxic burden to our bodies, where these substances come from and what you can do to reduce them. We'll overview a nutrition-based detoxification program. Visit www.transformationone.com to learn more.



Morella Devost, EdM, MA is co-owner of Transformation One. She is a counselor, hypnotherapist and holistic nutritionist, as well as a Reiki Master and NLP Coach. She has been teaching about detoxification and leading detox programs in New York City and Burlington for the past 4 years.

March 17

Restore Balance to Your Busy Life *with Angelique Devost*

Are you tired of the juggling the different parts of your life and wondering how or when you'll ever catch up? In this class you will assess where your life is most out of balance and learn proven tools for creating the lasting changes that will enable you to start living your life joyfully instead of surviving it. www.transformationone.com

Angelique Devost is co-owner of Transformation One. She is a certified Neuro-Linguistic Hypnotherapist and empowerment coach, as well as a Reiki Practitioner. Angelique helps women to create the lasting behavior changes that enable them to transform their lives. She works with her clients at her office in Middlebury and over the phone.



March 24

The Busy Bee — A Wellness Program for Women in a Rush *with Nick Lynch SSC, CFT*

For this presentation we will be focusing on incorporating a healthier lifestyle into a busy, packed schedule. Learn exercises, stretches, foods that can be consumed throughout the day to help you stay ahead of the game and feeling great.



Nick Lynch, SSC, CFT, CPR is a specialist in sports conditioning, certified fitness training and cardiopulmonary resuscitation, and is owner of Superb Health LLC. (imsuperb.com). A Middlebury resident, he has been working in the health and fitness field for over 9 years, dedicating himself to the study and application of proper nutrition, exercise and healthier lifestyle modifications.

March 31

The Anti-Inflammatory Diet *with Jim McDaniel*

Chronic inflammation has been found to be a key factor in many common diseases ranging from cancer and asthma to dementia, depression and pain. Dr. Jim McDaniel will discuss the causes of chronic inflammation and provide dietary guidelines for reducing it. Side-effects of the nutritional recommendations include weight reduction, improved mood and more energy!

Dr. Jim McDaniel has called Middlebury, VT home for the past 19 years and has a thriving practice at the 1330 Building on Exchange Street. In addition to providing workshops to the community and businesses on diet, exercise and ergonomics, Dr. Jim is serving as the President Elect for the Vermont Chiropractic Association. He has also been volunteering at the Open Door Clinic in Middlebury for the past 5 years.



Time: 6:30–8:00 pm

Where: McDaniel Chiropractic Center
1330 Exchange Street, Middlebury

Cost: FREE and open to the public

Call 388-0970 to reserve a seat for yourself and a friend.



McDaniel Chiropractic Center

Experience The Benefits

www.mcdanielchiro.com