

# 2016 Wellness Workshops



**10-Day Detox**  
February 24th



**Kids Health**  
March 16th



**A Brilliant Way to Weight Loss**  
April 13th



**Heart Health**  
May 4th

presented by



**ONLY**  
**\$20/person**  
Call **TODAY**  
to reserve your spot!

*Dinner*  
starts at 6pm  
*Seminars start*  
at 7pm

**20307 W. 12 Mile Road, Suite 105 • Southfield MI 48076**  
**248-213-1332 • [www.SpecificWellness.com](http://www.SpecificWellness.com)**

## **February 24th - 10 Day Detox Program**

Help you lose weight and get Vibrant Energy, Mental Clarity, Radiant Clear Skin and Sleep Peacefully

## **March 16th - Kids Health**

Allergies Focus Issues Attention Deficit Bed Wetting Skin Issues Picky Eaters. Teaching kids to focus on growing up strong and healthy by making wise food choices.

## **April 13th - A Brilliant Way to Weight Loss - Why you NEVER need to DIET again!**

We will discuss body composition and give you tips on how to maintain and preserve your ideal weight. Learn the controlling factors of what you eat • How to work with your body, not against it • What it takes to keep weight off • What controls your weight • You never need to be hungry again • A natural approach to addressing the factors associated with weight and treating the whole person instead of just a symptom.

## **May 4th - Heart Health**

How to prevent heart disease and diabetes. Get clear on what your cholesterol level is telling you. How sugar, eggs and salt impact heart health. Are you stressed? How to tell and what to do about it. The connection between sexual dysfunction and low cholesterol. Participants are encouraged to bring recent lab work with them.

**Each seminar starts at 6pm with a light Mediterranean dinner. Seminar itself begins at 7pm.**

**\$20.00 for each seminar. Pick 1, pick them all!**

**Bring 1 friend\* and both get in for \$20!**

**\*not current Specific Wellness client**



Dr. Stacy Francis, chiropractic kinesiologist, believes that there is a natural approach to correcting the underlying factors associated with many diseases and by treating the whole person instead of just the symptoms she, and her clients, receive amazing results. Come see how she can help your body become brilliant!



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