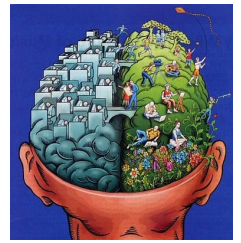




If You're Finally Ready To Break Free From Your Own Personal "Groundhog Day" Of Damaging Health Patterns And Take Your Health and Your Life To A Whole New Level, Please Join Us At Core Wellness For A Life Changing New Workshop

TUES. FEB. 2nd, 2010...6-8pm



How To Train Your Brain For **PERMANENT HEALTHY CHANGE**

A 2 Hour Workshop Loaded With Mindset, Movement, and Nutrition Strategies To Help You Break Free From Your Bad Patterns And Make Healthy Change STICK!

Here's what you'll discover when you attend this exciting new workshop...

- Why continuing to try to make healthy changes in your life using "will power" will always leave you struggling and frustrated and continually "falling off the wagon".
- **Why daily exercise IS NOT the best way to protect your joints from degeneration and decay (and exactly how to start protecting yourself NOW)**
- How you can use simple brain rewiring techniques to literally "rewrite" the programs in your brain so new eating habits, posture, and a positive attitude becomes effortless and automatic without the struggle of trying NOT to do something.
- **The #1 nutrient that keeps your brain cool and flexible and ready to learn new things (hint...it's virtually non-existent in our Standard American Diet (S.A.D.)**
- The ONE EMOTION that will keep you in pain no matter how many doctors or therapists you see.
- **Key strategies to keep the "memory center" of your brain from shriveling up like a burnt piece of toast.**

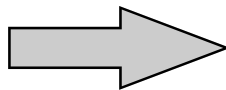
"Core Wellness is my safe place, when I walk in the door the negativity of the world melts away and when I attend Dr. Hoffman's wellness talks I leave with a positive mindset of hope and power and that I do have control." *-Kim Burch, Jeffersonville, IN*



Beat The Early Bird Deadline of 5PM, JAN. 29TH And Pay Only \$25 PLUS...Bring A Guest For FREE. After deadline...\$35 per person

(Held at Core Wellness, 246 Spring St. Jeffersonville, IN 812-280-8170)

Limited Seating...
REGISTER NOW



NOTHING TO LOSE - ALL Core Wellness Events are RISK FREE...you don't get value...you get your investment returned.



Dr. Steve Hoffman's group coaching and innovative therapeutic lifestyle program takes a comprehensive and integrative approach to "core" wellness. The uniqueness of the program earned a feature story in courier journal and has helped hundreds of area residents achieve lasting lifestyle change that's led to more energy, less pain, better sleep, and a greater sense of inner calm.

To Register...Complete information legibly below and FAX this side 24 hours to 280-8171 or CALL 280-8170

Name _____

Address _____

Phone _____ Email _____

\$27 by 5pm 1/29/10 or \$37 after Use Card On File

VISA/ MC/Disc CC# _____ exp _____

Signature _____ date _____

(If guest. Disregard payment info. Name of host here _____)