

North Island Fitness & Wellness

Presents:

“Thinking Your Way To Wellness”

Workshop

“Decrease Pain by Using Your Brain”

Saturday, April 10th 2010

Time: 9:00am – 12:00pm

Workshop Description:

- A new look at “Wellness” and what it means to you and your life.
 - Take Home “Techniques and Tips” to improve your “Wellness” and decrease pain.
 - A discussion on concepts about Pain and how to break “The Pain Cycle”.
 - Concepts on “Using Your Brain” (PMA/Time management/Decision Making) to Improve overall “Wellness” and decrease Pain.
-

The “Thinking Your Way To Wellness” Workshop Registration:

Current Patients & Community lecture participant Discount: _____ \$20

(If Registered by April 2nd)

Workshop/Course Participant(If Registered by April 2nd): _____ \$25

Late Registration (After April 2nd): _____ \$30

Participant(s) Name: _____ Amount: \$ _____

Address: _____

email: _____ Phone: _____

(Bring a Friend and Get Half Price/ \$15 each**)**

Register Today: Workshop Participants Limited!

2500 Nesconset Hwy, Bldg 22B, Stony Brook, NY 11790 Ph: 631-751-7988 Fax: 631-751-7989