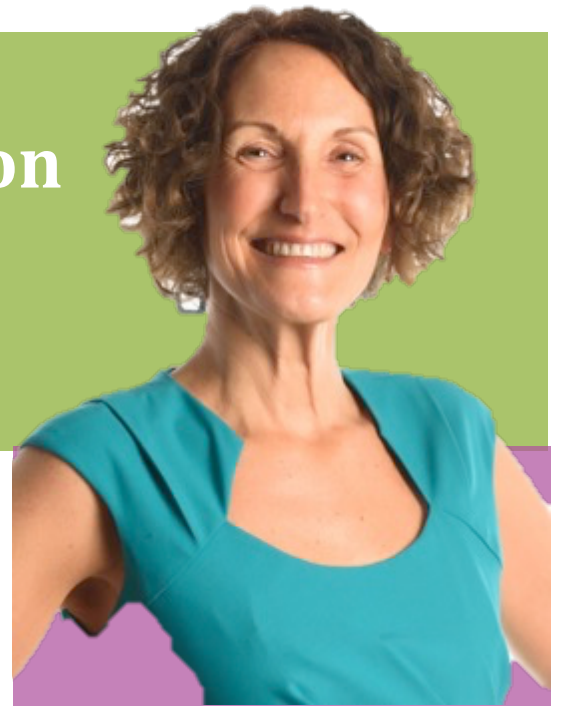




Lynne Ann Paterson
Holistic Health Coach
Motivational Speaker



FREE LECTURE:

Tuesday, July 26

**“3 Super Strategies to Reduce Stress
After a Hectic Day and Enjoy Satisfying
Sleep, That Night”**

Fed up with restless nights?

Can't fall asleep without a nightcap?

Do sleeping pills make you drowsy the next day?

Has stress infiltrated your evening or home life?

*Learn the most natural ways to eliminate stress
and sleep like a baby - without drugs, booze or pills.*

Location:

Strong & Healthy Smiles Dental Office
40 Main St, Suite 204, Florence, MA.

Time:

6:00-7:30 pm
Arrival @ 5:45pm
Refreshments.

RSVP:

Space is limited. Free talk.
Please register by Wed, July 20TH
413 - 586 - 9363

Mission:

I work with women, in midlife and beyond, who are unhappy with the way they are aging. I guide them to reclaim radiant health/vitality, so they can look and feel younger as they age.

Background:

Health & Wellness Coach
Whole Foods Chef Educator
Therapeutic Yoga Teacher
Motivational Speaker
Organic Gardener
Home Herbalist
D.I.Y. Health Guru
AHHA Member
WBOA Member
The Chamber Member

**Contact me today
for a complimentary
“Less Stress-More Sleep”
Breakthrough Session**

www.youngerasyouage.com



Sue Keller, DMD
Strong & Healthy Smiles

RSVP @ July 20
413-586-9363