

# Complementary Health & Exercise

Fall 2011

FREE!

## Energy medicine: Futuristic healing with ancient roots

by Dana Ullman, MPH in The Chiropractic Journal



The Quarterly Magazine bringing you  
news and programs on complementary  
methods of healthcare and exercise.



七星武道

## Manifest your dreams! Create a Vision Board



By selecting words and pictures of the things you wish to manifest in your life you can bring clarity, focus, and intent to your dreams; create your vision board and clarify your intentions!

Wednesday, October 19<sup>th</sup> 3:00 - 4:00pm



3 S. 260 Warren Ave,  
Warrenville, IL 60555

630 393 7279

## Keeping a Gratitude Journal

A recent study has found that people who keep a gratitude journal, were less likely to be stressed or unhappy.



Learn to surmount your difficulties, and become a better person.

Tuesday December 7<sup>th</sup>  
6:30pm - 7:30pm



3 S. 260  
Warren Avenue,  
Warrenville,  
IL 60555

630 393 7279

## Complementary Health & Exercise

Fall 2011

Editor & publisher - John Robertson  
630 229 4434 john@7StarsMA.com  
www.7StarsMA.com



© Copyright 2011  
Seven Stars  
Martial Arts

### Disclaimer

Seven Stars Martial Arts, as publishers, do not endorse and make no representation, warranty or guarantee concerning the safety or effectiveness of either the products and services advertised in this magazine or the martial arts or other techniques discussed or illustrated in this magazine.

The publisher expressly disclaims any and all liability relating to the manufacture, sale or use of such products and services and the application of the techniques discussed or illustrated in this magazine.

The purchase or use of some of the products, services or techniques advertised or discussed in this magazine may be illegal in some areas of the United States or other countries. Therefore, you should check federal, state and local laws prior to your purchase or use of these products, services or techniques.

The publisher makes no representation or warranty concerning the legality of the purchase or use of these products, services or techniques in the United States or elsewhere.

Because of the nature of some of the products, services or techniques advertised/discussed in this magazine, you should consult a physician before using these products or services or applying these techniques.



## Tai Chi Sword

October 13<sup>th</sup> & December 1<sup>st</sup>  
Thursdays at 3:00pm - 3:30pm

Iowa Community Centre,  
338 N. Iowa Avenue, Villa Park, IL 60181  
630 834 8970

(Previous Tai Chi experience is required)

