

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 19th 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 7th
6:30pm - 7:30pm



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Martial Arts

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Tai Chi Sword

October 13th & December 1st
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)

