

# Complementary Health & Exercise

Summer 2012

FREE!

## 15 things you should give up to be happy



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!

Thursday, July 5<sup>th</sup> 6:30pm - 7:30pm



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.

Saturday, July 7<sup>th</sup> 2:30 - 3:30pm

Courts Plus  
186 S. West Avenue, Elmhurst, IL 60126  
630 833 5064

**COURTS PLUS**<sup>SM</sup>

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## T'ai Chi Sword

July 26<sup>th</sup> & September 27<sup>th</sup>  
Thursdays - 3:00pm - 3:30pm

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

(Previous Tai Chi experience is required)

