



Health & Happiness by Choice, not Chance

Advanced Concepts in Wellness through Energy

Join instructor Linda Dierks as she introduces the Power of Thought, the Power of the Heart, and the Power of Energy in transforming lives. Discover how to replace old patterns and triggers with peace and calm. Learn how the power of your thoughts and bio-energy exercises shape a life of vibrancy, wellness and joy.

Why not try something new for a change?

Saturday, July 22, 10am —Noon. Workshop is FREE.

**Grace Cottage Community Wellness Center
133 Grafton Road, Townshend**

Pre-registration required. Call 365-3649.

About the instructor: Linda's failure to heal after treatment for breast cancer fueled her search to find the source of core wellness. After studying several alternative health modalities and wellness philosophies she found accelerated healing and joy in the integration of science and spirituality and the accompanying power of thought.

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