

MONTHLY WELLNESS LECTURE SERIES



**RSVP to The Wellness Community
at 314-238-2000
or register online at
www.wellnesscommunitystl.org**



1058 Old Des Peres Road / Des Peres, MO 63131

Acupuncture and Immunity – RSVP

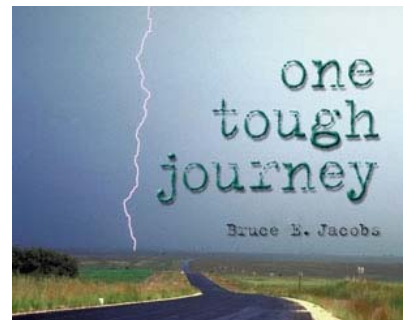
Thursday April 8 • 6:30-8:00 PM

Dr. Sharon Fitelson, Chiropractic Orthopedist and Acupuncturist, is the founder of *In Motion Health Center* and has practiced holistic medicine for nearly 30 years. She will discuss the long and short-term effects of acupuncture on the immune system, and explain how this Chinese method of treatment can work alone to boost immunity and healing, or augment the effectiveness of traditional Western treatments.

Stress and The Body – RSVP

Thursday, May 13 • 6:30-8:00 PM

Join Drs. Nick Barnes and Jerod Posey, Family Wellness Chiropractors and founders of *212 Degrees of Wellness* as they discuss how stress affects the body, mind, and spirit.



“One Tough Journey” Author Returns! – RSVP

Thursday, June 10 • 6:30-8:00 PM

In celebration of Cancer Survivor Month, we are again offering this popular program. Bruce E. Jacobs (author of the acclaimed book, *One Tough Journey*) will be here to share his experience with cancer that led to the writing of this wonderful book on the “How-To” of managing the diagnosis and its treatment. This session is about encouragement, inspiration, determination, and developing the attitude that you can win your fight with cancer. Each person who attends will receive a free copy, so register early!