



Twenty-Twenty Vision

Picture yourself on the winning track:

- Increase productivity and focus
- Gain momentum
- Remove obstacles
- Attract more of what you want in life
- Reduce anxiety and stress
- Enjoy balance and harmony

Deborah Myers, founder and director of Deborah Myers Wellness, will teach you how to help integrate your thoughts, energy, and emotions. Get on the path of success. Plan and complete projects with less stress. Learn how to let your body heal so YOU can improve your energy level and well-being. Learn time-honored self-help techniques (Jin Shin Jyutsu and acupressure) designed to help you reduce stress, relieve pain, promote healing, and improve your sense of wellness, health, and prosperity.

And all of the energy tips and techniques will help your kids as much as they help you!!

Twenty-Twenty Vision Workshop

Wednesday: February 26 6:30 pm to 8:30 pm

Tuition: \$69.00

Includes your choice of one of my books — *Easy Self-Help Acupressure for Grown-ups* or *Easy Self-Help Acupressure for Kids and Parents*

Location: coLAB, 427 Mendocino, Santa Rosa, California 95401

Registration: Call 707.546.5692 to reserve your space. Mail registration form with payment to 2816 Hidden Acres Road, Santa Rosa, CA 95404.

Or register online at <http://bit.ly/DMW2020>

Contact Deborah Myers: 707.546.5692 or deborah@deborahmyerswellness.com

Deborah Myers is the founder and Director of Deborah Myers Wellness. She is passionate about empowering others to live life in a balanced and healthy way. In her private practice as an Acupressurist and Jin Shin Jyutsu practitioner, Deborah assists clients in their search for stress reduction, pain relief and healing.

Her ability to empower others through coaching and workshops has helped thousands of people discover how they can easily and effortlessly attract what they want in their lives and have health at their fingertips. Deborah's workplace wellness programs are bringing success and vitality to many businesses. She is the creator of a program designed to support the well being of children in the classroom and at home. It is also available as a program for grown-ups for work, home and life. Daily Clean Your House Flow™ kits include an animated video and companion book.

Deborah Myers Wellness



Easy self-help acupressure
for kids and grownups



CEU's: Provider is approved by the California Board of Registered Nursing — Provider Number CEP 12833.

Send this form with payment to: Deborah Myers, 2816 Hidden Acres Road, Santa Rosa, CA 95404

First: _____ Last: _____ Phone: _____
 Company: _____ e-mail: _____ Date: _____
 Address _____
 City: _____ State: _____ Zip: _____
 Credit Card Type: _____ Acct #: _____ Exp Date: _____ CSV: _____

Tuition: \$69. x _____ Total Amount Enclosed: _____

If you are enrolling others, please provide their names and contact information

First: _____ Last: _____ Phone: _____
 Company: _____ e-mail: _____