



Deborah Myers Wellness



Easy self-help acupressure
for kids and grownups



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.

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

Put the power of wellness into your hands!

Discover ways to:

- Increase productivity and focus
- Compliment your exercise program
- Recover from trauma
- Reduce anxiety and stress

Get Relief from:

- Headaches, fatigue, allergies, insomnia
- Menopausal /PMS symptoms
- Arthritis and fibromyalgia symptoms
- Many other discomforts

Deborah Myers, founder and director of Deborah Myers Wellness and Health at Your Fingertips, will teach you how to help your body heal itself. ...so YOU can easily 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 and health.

Level One Wellness Workshop

9 hours:

(includes comprehensive workbook)

3 Thursdays:

March 12, 19, 26

6:00 pm to 9:00 pm

Early Bird: \$399.00

Tuition: \$469.00

Review: \$379.00

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/DMWone20>

Contact Deborah Myers: 707.546.5692 or deborah@deborahmyerswellness.com

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: _____

Level 1 Early Bird by March 1: \$399. x _____ **Level 1:** \$469. x _____ **Level 1 Review:** \$379. x _____

CODE: _____ **Total Amount Enclosed:** _____

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