

NEW YEARS RESOLUTION # 1

BETTER HEALTH



EXPERIENCE A HEALTHIER YOU IN 2009 WITH HEATHER'S HOLISTIC...

TRY

HYPNOTHERAPY TO

QUIT SMOKING, REDUCE ANXIETY
& LOSE WEIGHT

**CHIROPRACTIC AND
ACUPUNCTURE TO**

IMPROVE & MAINTAIN A HEALTHY BODY

**MASSAGE THERAPY
AND YOGA FOR**

STRESS REDUCTION



Heather's Holistic Health

ALTERNATIVE HEALTH CENTER & SPA

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