

THE BRAIN LINK

Insomnia, Depression & Seasonal Affective Disorder

Understand the causes and natural solutions. Find out how brain chemistry links them all and how to make that work to your benefit. Nutrition, Body & Mind Balancing and Oriental Medicine can all empower your healing capacity.

Saturday, September 13, 10am-2pm

Infinite Dynamics

San Luis Obispo

Register by calling 594-1061

Class only \$10

Class & light lunch \$15 (preregistration required)

www.infinitedynamics.com