



SIMPLY WELL

Sign Up
today!

June 28 & 29
9AM-4:30PM
at the historic
Littleton, NH
Opera House



SEMINAR LEADERS

Simply Well is a program developed by board-certified physicians Kathleen N. Mueller, M.D. and Gloria "Gigi" Dunn, M.D.

Dr. Mueller and Dr. Dunn are two of only 1,000 physicians in the world to have completed a two-year, post-doctoral fellowship through Dr. Andrew Weil's Arizona Center for Integrative Medicine. They have spent decades honing their skills and perfecting their message that simple changes will make a dramatic difference in health and well-being.

Living SIMPLY WELL for Men & Women

There are just 24 hours in a day.
Learn to make the right choices
— starting now.

NUTRITION MATTERS
Food is medicine. Learn the science.

SLEEP MATTERS
Non-medical approach to improved sleep.

MOVEMENT MATTERS
We are made to move. How? Why? How much?

ENVIRONMENTAL HEALTH MATTERS
Consumer choice and its impact.

HOW WE USE OUR MINDS MATTERS
The impact of stress and simple techniques to reverse it.

NATURE MATTERS
Interaction with the natural world connects us with our own "nature."

SUPPLEMENTS MATTER
A guide to good choices.

CHANGE MATTERS
Discover the importance of your own epigenetic potential.



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REGISTER TODAY at <http://bit.ly/livesimplywell>

\$100 for the 2-Day event, includes boxed lunch
One day options available, see registration page for details!

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