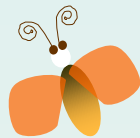


**Free
Admission**

HEALTHY

JUNE 25 & 26, 2016

Stress Without Distress



Workshop

Saturday, June 25 at 2:30 p.m.

You can't afford to ignore the stress factors in your life any longer! According to the Centre of Disease Control 90% of all illness is related to stress. Join this informative workshop and come away with the tools to handle your stressors.



**Nutritional
Consultant
Glenda Nischuk
from the
Better Living
Centre
Yorkton, SK**

Home Remedies Workshop

Sunday, June 26 at 2:30 p.m.



Learn how to treat every-day maladies from digestive upset to the common cold with simple-natural home remedies. Discover how to improve your immune system and the art of

healing with water—Hydrotherapy and meet the 8 doctors!

**Swan River
Seventh-day Adventist Church
1200 1st St. South
Contact Dave 734-4868 for more info**