

## **NUTRITION & LIFESTYLE WORKSHOP**

Sunday, February 22<sup>nd</sup>, 2009, 2:00-4:30 p.m.

Re-Max offices, 1567 North Eastman Road #14, Kingsport, Tennessee.

Register today and learn about insulin resistance and metabolic syndrome. This could change your life! Explore the “why & how” to manage blood sugar, inflammation and cell growth. Fun and informative with no product associations. Instructor, Julia Thie, Licensed Acupuncturist, holds a Bachelor of Science in Human Performance as well as a Master of Traditional Oriental Medicine degree.

Pre-registration cost is \$15.00, or \$20.00 at the door.

## **QI GONG FOR SPRING**

Sunday, March 22<sup>nd</sup>, 2009. 2:30-4:30 p.m.

Appalachian Fairground, Building #1, Gray, Tennessee.

Qi Gong literally means “energy cultivation”. Join Julia Thie, Licensed Acupuncturist, in experiencing this energy and learn basic exercises to practice during the Spring season.



This is the first in a series of four Qi Gong Workshops held at the beginning of each season.

This class is appropriate for all fitness levels. No previous experience necessary. Dress should be loose fitting and appropriate for varied temperatures. The best footwear is a sneaker with good support. Weather permitting we will have indoor and outdoor portions of the class.

Cost is \$25.00, registration ends March 14<sup>th</sup>.

Checks may be made to “Acupuncture Associates” and mailed to:

Visa/MC charges may be made at the office or by phone during the following hours:

Tuesday & Saturday 8:30-1:00

Wednesday & Friday 2:00-6:30.

**Acupuncture Associates**

**4229 Fort Henry Drive**

**Kingsport, TN 37663**

If you need further information please visit [www.juliathie.com](http://www.juliathie.com) or call (423) 239-7044.

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*Please cut this portion and send with payment.*

I will be attending:  Nutrition & Lifestyle Workshop (**and/or**)  Qi Gong For Spring

Amount enclosed: \_\_\_\_\_

NAME: \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

You will receive a conformation call when your registration is received.