

# Free Health Seminar

**Dr. Mary Ann Ley Presents**

## **“Stress, Fatigue & Natural Solutions”**

**Thursday September 27<sup>th</sup>, 7:00 PM**

Are you stressed? Feel Tired ALL THE TIME? Come learn about contributing factors to fatigue, the relationship between your adrenals and your mental well-being, the effect that stress has on your immune system, and what can help you HEAL!

**SAVE THE DATE \*\*\* WEDNESDAY October 24<sup>th</sup> – MEET YOUR LOCAL FARMER (FREEDOM VALLEY FARM) and POTLUCK DINNER**

**Seminar held at Achieve Wellness Chiropractic Center**

**110 W. Padonia Road**

**Timonium, MD 21093**

**CALL: 410-628-9355 TO RESERVE YOUR SEAT!**

**Healthy Snack AND RECIPE will be provided**