

Using the Subconscious to Keep Your New Year's Resolutions

A Sustainable Wellness Series Class



Date:

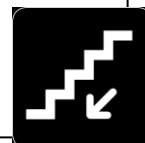
Saturday, Jan 11, 2014

Time:

3:00pm - 4:00pm

Location:

**Flint Farmer's Market
(downstairs)**



This is the time of year when many people make New Year's resolutions. But, how many keep them for more than a couple of weeks? Not many!

What if there were painless ways of keeping your resolutions by re-educating your mind into the new way you want to behave?

If you have changes you want to make in the coming year, join us to learn easy ways to achieve your goals!

Join us for this free* and enlightening class!

***(Donations are lovingly accepted, but not required!)**

Suzy Sikora, #ND, MH, CCH is a traditional naturopath, herbalist, and certified consulting hypnotist, helping people find better health through sustainable lifestyle changes, herbs and nutrition. She teaches both private and free public classes, and provides private consultation at the Acupuncture & Herbal Clinic in Fenton. For more information about Suzy or her classes, visit: www.sustainablywell.com