



NATURAL HEALTH NEWS: YOUR KEY TO A HEALTHIER YOU!

Fall 2007

Exciting Fall Updates from Regina Rehab!

Julie Zepp ND

I wonder if we ever get over the anticipation and excitement that fall generates? Ever since I can recall, fall conjures up images of “back to school”. This time of the year always meant new clothes, new books, new classrooms and classmates—a time for fresh starts. Even though it has been years now since I have had to head to the classroom for classes, fall is still a time of new starts: the development of new routines after the laid back days of summer is always welcome! New yoga classes, new swim schedules, fall cleansing routines, pulling out the warm sweaters and scarves... all conjure up images of starting anew. I encourage you to pull out your calendar, mark in your anticipated routines, and work on incorporating something new and enriching into your life this fall. With that being said, Regina Rehab has some new starts we would like to update you on. We hope that our newsletter and our services will assist you in easing your transition into this new season!

Chiropractic Services Expanding— We are pleased to welcome another new member to our team: Daniel Rutledge D.C. will be joining us and working alongside our current chiropractor, Dr Jason Kraft. They will have complimentary hours: Dr Rutledge will be here **Tuesday and Thursday mornings from 8 AM to 1 PM and Saturdays from 10 AM to 2 PM.** Dr Jason Kraft’s hours will remain the same on M-W-F, and he will be in the clinic Tuesday and Thursday from 1 PM to 7 PM.



Daniel Rutledge was born and raised in Abbotsford, BC. In 2002, he graduated with a Bachelor’s Degree in Human Kinetics with a specialisation in Exercise Science from the University of British Columbia. He has recently graduated from the Canadian Memorial Chiropractic College (CMCC), the only accredited English-speaking chiropractic college in Canada, and is now licensed as a Doctor of Chiropractic Medicine in the province of Saskatchewan. Dan has a background in national-level competitive swimming, both as an athlete and a coach and has a special interest in sports chiropractic, as well as in pediatric chiropractics. For an appointment with Dr Rutledge, please call the clinic at 545-3700.

Orthotics Now Available—Dr. Daniel Rutledge, Chiropractor, will also be available to fit orthotics Tuesday, Thursday, and Saturday mornings. Orthotics are shoe inserts that help improve foot function and subsequently improve mechanics of the leg to

the low back to help decrease pain and discomfort. Orthotics will be supplied by *The Orthotic Group*; further information on their orthotics are available at www.theorthoticgroup.com. Be sure to check with your extended health insurance plan for coverage. While most plans cover orthotics, some plans require that in order for the orthotics to be covered they must be prescribed by a physician.

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Special points of interest:

Dr Julie Zepp is available for corporate wellness talks. She has spoken to various groups throughout the city, from accounting firms to health care workers. If you are interested in having her speak to your organization, please contact her at info@drzepp.com

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Exciting Fall updates from Regina Rehab

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Further details are available at the reception desk.

Family Medicine—Dr Boan, a U of S Medical School graduate (1985), joined our team May 2007. Dr Boan gained diverse experience for a full range of family practice problems while teaching in the Saskatoon Academic Family Medicine Unit, 1992-97, and then through the Queen's University Family Medicine outreach program at Moose Factory, ON, 1997-2003. Over his 17 years of general practice, obstetrics and emergency work, he came to realize how crucial the interaction of mind and body is to so many problems.

Dr Boan returned to Saskatchewan in 2003 to specialize in Psychiatry. By spring 2006, Dr Boan parted ways with the Saskatoon Department of Psychiatry and began practicing medicine in a holistic fashion, incorporating his psychiatric knowledge with his earlier clinical experience to help people deal with the complexities of their lives. The psychological

aspects of family practice, including those of chronic pain, anxiety and mood problems lend themselves to psychotherapy techniques.

Dr Boan is pleased to collaborate with the other care-providers at Regina Rehab & Family Medical Clinic to provide comprehensive patient care.

Hypnotherapy—We are pleased to announce that Rhonda Barry is joining our clinic on October 1st. Rhonda is a certified hypnotherapist and practitioner of Neuro Linguistic Programming (NLP). She is part of a committed group of hypnotherapists whose mission it is to save 100 million lives helping people to quit smoking, so her initial focus at the clinic will be as a smoking cessation specialist.

Because smoking is a habit, it is controlled by the unconscious mind. Since hypnosis and NLP work directly with the unconscious. Rhonda's powerful stop smoking process has a 95% success rate in the first hour and she provides a lifetime guarantee!

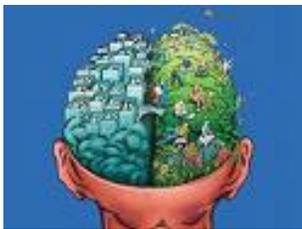
Joseph A. Califano, former U.S. secretary of Health, Education and Welfare, points out that "you the individual can do more for your own health and well-being than any doctor, any drug, any exotic medical device."

During the hypnotherapy session, Rhonda transfers the pleasure derived from smoking to a healthier habit of the client's choice (for example: exercise, drinking more water, or relaxation) ~ so there is NO unwanted weight gain or other problems associated with kicking the habit. The only side effects of her process are an increase in health, wealth and freedom.

Rhonda will only be here two days a week and sessions are already booking up, so if you or someone you know is committed to kicking the habit, be sure to call Rhonda at 537-4958 to schedule an appointment. ☀

Right Brain—Left Brain

Warren Barry RMT



You know it has been said that we only use 10% of our brain?

Well, with what is happening in the world some days I wonder if we actually use that much.

Within our brain, we obviously have two sides, the left side, which is the analytical side, or the side

when you can crunch numbers, make sense if things, strategize, plan etc. Then there is the right side of your brain, which is more of your artistic side, your creative side, the side that has no boundaries, where you can dream, paint pictures, open up to possibilities.

Some research that I have come across is now saying that we only use actually 4% of our mind on the conscious left brain side, and that the other 96% is coming from our

sub-conscious right brain side. This really makes me wonder if we really know what we are doing most of the time!

There are days when I can question that, but then my left-brain kicks in and tries to make sense of it all. Or at least tries to.

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"the body remembers what the mind tries to forget"

Right Brain—Left Brain

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What I am getting at here is, most of the decisions that we make, the relationships that we are in, the jobs that we have, the location that we live in, the things that we do are mostly coming from our right brain, sub-conscious side, and we don't even know it. We can justify it, make sense of it, and make it reality after the fact, but the question does arise, why do we do what we do? I have had some amazing personal experiences with this as of late, which is why I am writing this article, and has really help me understand the power of the sub-conscious mind.

Let me give you a general example of what I am talking about; lets take the workaholic into this picture. The workaholic makes work a priority, always chasing the dream, always pushing towards the next best thing, always has to be there to make it happen, when they reach the next milestone, then it will all get better, then they will have made it! Only to find out that the next milestone lies ahead to be

reached.

It is like driving on the highway trying to catch the horizon. Maybe if I drive faster I will get there, maybe I will get a faster car, maybe there is another road to drive on, only to find out it is never an achievable goal. Setting yourself up for failure.

Now, your left brain can try to figure this all out, crunch the numbers, make the necessary changes, push the paper etc. and the voice inside the head tells you that it all makes sense. Or at least you think. Then, when you really take a look, and I mean, get quiet, reflect, meditate, truly feel what is really going on, tell the truth, and you may see that it is merely a compensatory action for something deeper that is going on. You see, your right brain, sub-conscious side made this decision for you years ago, and you put yourself into that situation, and you didn't even know that you did it. The 96% of your brain planned it all out without your knowing. Only when you pull yourself out of the

situation, and tell your left brain to be quiet for just a second, you will see that the other 4% was just a justification, or a way to satisfy the ego mind in actually believing you are accomplishing something. That 4% is so built on "doing" that it believes it to be true, and yet the other 96% is "being" and that is truly who you are. When I say that the 4%, or ego mind, is a compensatory action, you may find out that it is a fear of failure, trying to get acceptance, trying too hard, and hence making yourself something that you are not.

Maybe we need to get quiet and just "be", instead of always doing. We are human "beings" not human "doings". What if we could really harness that 96%? What would our potential be then? Something to think about.

Wishing you all the best that life has to offer. Read a book, paint a picture, visualize, mediate, satisfy your right brain, it will thank you for it.☀

Living a spirit-led life in a sped up world

Karen Jensen BSW RSW

How many times have you heard the expression; "there are no coincidences"? Had the experience of THINKING about someone, and they call. Checked on the kids, because you SENSED something was wrong. Gone on a date, and your initial IMPRESSION was favourable. Hired someone and KNEW, they'd be a great fit. Had a GUT feeling about your health. An INSISTANT reminder to talk with your friend. A HUNCH about a financial decision. A FORETELLING dream, vision or premonition of events to come. Most of us will have had one or more of these experi-

ences and will have either responded or ignored the leading. Each and everyone of us is a spirit led individual, but at different stages of recognizing, listening, trusting ,knowing and acting . We are all led and all connected ,but our experience will vary, depending on our degree of openness.

Living in North America, lends itself to living a hectic, fast paced, action packed life. Where success is measured by external accomplishments, belongings and possessions. This lifestyle does not lend itself to taking time each day

to quiet ourselves and connect with spirit, let alone listen and trust.

We are taught to be five sensory people. If you can touch it, feel it smell it, hear it, and see it, then it is REAL. Anything outside this box, (even in this day and age), might be considered woo woo, not true, discounted, or for those fanatics on the fringe!

No wonder we don't rush to live and be led by the spirit. To live an INSPIRED life.

Being open to our internal journey is a necessary pre-requisite to con-

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Living a spirit-led life in a sped up world

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necting and being led. The longest distance being from the head to the heart. Mind versus spirit the ongoing battle “to be in control” as opposed to being “led”. It seems to trust and let go and be “led” produces a great deal of fear in most of us!! As the saying goes; the devil I know may be better than the devil I don’t know. Comfort at all costs. But how long do you want to be held hostage to this five sensory world of living? For most of us, at some point in our lives, we will wonder HOW DID I GET HERE? Spending big bucks seeking expert advise to help us out of our “proverbial pickle”.

Our pickle, can be an opportunity in disguise. It can be our “wake up” call to our internal journey of learning to be led and live our inspired life. To learn to live the dance of mind and spirit. This is possible for each of us, but only through a committed willingness. A willingness to being led can and often does pave the way to a magnificent journey.

So it is important to ask yourself..... am I willing to slow down, open up, and be led by the spirit? Am I willing to let go and trust? The choice is ours!

The spirit will not force us, but it will continue to give us wake up calls.

Have you had you last wakeup call? Or are you going to choose to continue to live in the seemingly safe, orderly, predictable five sensory world? It is up to you? Can you hear the SPIRIT calling you?

I will be offering a 2 hour seminar on Thursday Oct. 11/07, from 7:00 – 9:00 on beginning to learn to live A SPIRIT LED LIFE IN A SPED UP WORLD. It will be held at the Sandra Schmirler Leisure Center; 3130 E Woodhams Drive.

The cost is 10.00/ person and you can register by calling Karen at the Regina Rehab and Family Medical Clinic 545 -3700.☼

Nasal hygiene: help for fall allergies

Derek Boan MD



The nose is an important and for some, a prominent, feature of one’s face, but for the nose to work well it requires proper care. The nose is the filter for our lungs and accomplishes this by having folds or shelves of tissue, known as turbinates, which trap particulate matter (dust and allergens, such as pollens), but also increase the surface area to help moisturize the air that we breathe. The longer the turbinates are in contact with allergens and dust, the more they swell. Gravity also swells the turbinates, which is why when lying on one side, one has more difficulty breathing through the lower nostril.

Some people find relief (easier to breathe) if they use a decongestant nasal spray, such as Dristan. These should only be used for short-term, quick relief, such as with cold symptoms. Prolonged use of decongestants may lead to habitual use,

not because of the drug itself, but because it works by shrinking the blood supply to the nasal turbinates, allowing more space for moving air through the nose and, thus, a better night’s sleep. The problem is that decongestants are a quick fix and, in a few hours, once the effect has worn off, the blood rushes back into the area and the rebound congestion seems worse than the original problem. Hence people are tempted to take another shot. Long-term use of decongestants can lead to damage (or death of cells from poor supply of blood) of the tissues and is not recommended.

If problems with sinusitis, rhinitis, allergies, nasal stuffiness, post-nasal drip, or snoring requires treatment from your doctor, then a topical nasal steroid spray might be useful. These products work as anti-inflammatories to shrink the turbinates at the tissue

level, not the vascular (blood vessel) level. The effect is much more gradual and occurs over weeks. Sometimes these products make the tiny vessels of the nose more fragile and lead to an increase in nosebleeds. Brand names include: Mometasone furoate (Nasonex), Triamcinolone acetonide (Nasacort AQ), Fluticasone (Flonase), Flunisolide (Rhinalar), Budesonide (Rhinocort), or Beclomethasone (Becloment)

Less commonly, Ipratropium bromide (brand name, Atrovent) nasal spray, may be used for the chronically drippy nose. This product works as an anti-cholinergic mechanism to dry up the mucous-secreting surfaces of the turbinates.

For the more conservative-minded, the NeilMed Nasal Rinse Kit was a brilliant invention (which I find to be oddly

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Nasal Hygiene: help for fall allergies

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named because one cannot really rinse their sinuses, although cleaning out one's nose does allow the sinuses to drain into the nose more effectively).

The kits cost about \$20, primarily for the soft plastic bottle with the central straw opening through the nozzle-type top.

There is also a pediatric size bottle. Logically sharing bottles is not advised, as there would be cross contamination of normal nasal bacterial flora and other germs, such as the cold sore virus (herpes simplex or HSV). One can make your own tears-like solution (rather than pay-

ing \$20 for refills of packages of "magic crystals") by mixing:

- 1 cup of water
- 1/2 teaspoon (2.5 ml) table salt
- 1/4 teaspoon (1.25 ml) baking soda

If purchasing the over-priced bottle is a problem, one can effectively accomplish the same hygiene by cupping some of the rinse solution if the palm of one's hand, submerging your nose in it and proceed to sniff, blow, snort, or whatever to get the solution to bounce up and wash out the nose. Other people have suggested using a turkey baster.

It is recommended to rinse the each nostril at least once daily, although if there

are allergy problems, stuffiness, or sinus problems, rinsing 4 times a day would help.

It may take some getting used to, but most people benefit from better nasal hygiene, as some religious sects, such as Hindu, have shown by ritualistically cleaning every orifice of their body daily.

If one happened to catch the Oprah Show, perhaps you are looking for the Netipot, which is also produced by NeilMed and uses gravity to run the cleaning solution into the nose. When in doubt . . . ask!

Stay tuned for tips for healthy ears in the next newsletter... ☼

Health Basics

By Julie Zepp ND

We may not all be interested in cars or sports or designer dish sets or appliances or photography. Some of us may prefer to spend our time reading, others running, others watching movies. Regardless of the activities we enjoy, the job we do or the company we keep, one thing is certain—almost all of us take an interest in our health.

As a Naturopathic Physician, I often have friends or family members or even acquaintances apologizing to me, for asking yet another health related question. Do I tire of it? Truthfully, no, as it is my passion and the more I can learn and help others to learn and becoming empowered about their own health, the more satisfied I feel.

That being said, I would like to share a few "clinical pearls of wisdom" with you here, "health basics" is what I will call them. Pick and choose a few of these tasks and activities to do on a

daily (yes, DAILY) basis, and I guarantee you will feel some changes in your health and energy. They may seem simple, and they are, but committing to them daily will go a long way!

- Drink 8-10 glasses of filtered water daily—this is not a myth! (I recommend a Britta tap filter)

- For your first morning glass of water, make it a warm one with fresh lemon squeezed into it—even before you have your coffee.

- Use a soft bristled skin brush and gently brush your skin for 30 seconds before you have your shower or bath (very CLEANSING)

- Every day, take at least one serving of a powdered or liquid greens product (this could be wheatgrass, greens+, juice+ or any other high anti-oxidant, high nutrient, alka-

linizing supplement)

- Eat at least one salad, 2 Tbsp nuts/ seeds, 2 fruits AND 1 cup veggies EVERY day

- Start every day by setting your intentions and praying for guidance for your day

- End every day with a prayer of gratitude for all of the blessings of the day ☼

Up to a point a man's life is shaped by environment, heredity and changes in the world about him; then there comes a time when it lies within his grasp to shape his life into the sort of thing he wishes to be. Only the weak blame parents, their race, their times, lack of good fortune, or the quirks of fate. Everyone has it within his power to say this I am today, that I shall be tomorrow.

- Louis L'Amour

White Flour: A High Sugar Food!

Paulette Millis RCNP

Did you know? White flour is considered a high sugar food! The enzymes in our saliva (amylase) convert the flour (starch) into glucose (sugar.) Because all of the bran and many other nutrients are removed, there is nothing to slow down the absorption rate. As you know, 'sugars' cause blood sugar imbalance, with symptoms such as fatigue, depression, mood swings, lack of energy, and brain fog, to name a few.

White flour has had as many as 40 nutrients removed from the whole wheat kernel, and usually about 12 replaced. Therefore the word 'enriched' is relatively meaningless. Our body experiences cravings for sweets or starch after eating white flour due to the lack of B vitamins and chromium.

In addition to this sad state, the gluten content of wheat itself has risen. It is 6 times higher than it was in 1940. Gluten is a common allergen for many people. Gluten flattens the villi of the bowel, causing many bowel health problems. Detrimental effects of eating white flour occur so insidiously over time that most people overlook the cause.

Decide today to switch to whole grain flours, and to avoid processed foods and white flour. Learn how to bake with whole grain flours other than wheat, e.g. spelt, kamut, rye, and millet, buckwheat, and brown rice for gluten free products. Better yet, use whole grains themselves and eliminate flour completely! Your body will love you for it. ☀

"If I'd have known I was going to live so long, I would have taken better care of myself!"

– **Jim Poro (age 90)**

Paulette Millis is a speaker, author, and nutritional consultant. Her books are available at Regina Rehab, Book and Briar Patch, and most health food stores.

To contact Paulette call 306.244-8890, email eatingforhealth@sasktel.net, or website www.healingwithnutrition.ca.

Recipe: Special Pancakes

Paulette Millis RCNP

Ingredients:

- 1 1/2 cups whole grain flour

Note: for gluten free, use brown rice, buckwheat or millet flour with 1 Tbsp guar gum

- 2 tsp baking soda
- 1 tsp cinnamon
- 1 1/2 cup orange juice
- 2 eggs
- 1/4 cup plus 1 tsp cold pressed olive oil
- 1 medium apple, peeled and

chopped

- 3 Tbsp raw shelled sunflower seeds

Directions:

Combine flour, soda, cinnamon in a large bowl. In another bowl, blend orange juice, egg and oil.

Mix the above two together. Add apple and seeds.

Heat griddle or pan to medium heat, add a dab of coconut oil or olive oil, and pour a small amount of batter onto pan. With a spoon

or spatula, spread to desired consistency. Cook until browned on one side, flip, and cook until lightly browned. Great served with applesauce, yogurt, hemp-seeds, or your choice of toppings. Yields 6 large pancakes.

This recipe can be found in Paulette's Book: Eat Away Illness. ☀



Until man duplicates a blade of grass, nature can laugh at his so-called scientific knowledge. Remedies from chemicals will never stand in favour compared with the products of nature, the living cell of the plant, the final result of the rays of the sun, the mother of all life.

- T.A. Edison

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We're on the Web!

www.reginarehab.com

www.drzepp.com

www.healingwithnutrition.ca



Congratulations Matt and Jolene!



We are very pleased to announce the healthy arrival of the Horejda triplets! Our own, Matt Horejda RMT and his lovely wife Jolene, happily welcomed their triplets to the world this August. Congratulations!

Naturopathic Medicine: a growing profession!

By Julie Zepp ND

Naturopathic Medicine is rapidly becoming a well recognized form of complimentary medicine. The philosophy of naturopathic medicine is based on treating the whole person, looking to the root cause of the symptoms a person is experiencing, and using safe, natural and effective solutions such as nutrition, acupuncture, supplements and lifestyle counseling in order to restore the optimal health of our patients.

As naturopathic physicians, we recognize that a person does not move from "optimal health" to a state of "detectable disease" overnight. In other words, naturopathic medicine looks to address a person's health concerns often before they are picked up through conventional test methods. We don't wait for your blood test results or your radiological studies to be abnormal before we begin to restore your energy, vitality, sleep and mood to where you want to be.

That being said, we also treat "diagnosed" conditions—from chronic fatigue syndrome to thyroid imbalances to lupus, MS, heart disease and cancers. We use a "whole person" approach, which means we

address diet, lifestyle, physical, mental, emotional and spiritual health. Because we welcome working alongside conventional medical doctors and other therapists, many people are turning to this viable form of health care to compliment their health team.

Regina proudly boasts 6 naturopathic physicians. Our provincial association recently welcomed two new naturopaths to the province and you can read a bit more about them here!

Dr Jonathan Bablad recently moved to Regina from Toronto with his wife Vanessa DiCicco, also a naturopathic doctor and baby daughter Esme. He graduated from Canadian College of Naturopathic Medicine where he received special recognition for his skills in homeopathic medicine. He also has additional training in the Bowen Technique in the treatment of musculoskeletal problems such as back pain, sciatica, frozen shoulder and other chronic pain disorders. He is passionate about educating and empowering patients as to why they are unwell and how to regain and maintain their health.

He has a special interest in psychological problems such as anxiety, depression, mental illness, and childhood behavioral problems. He practices out of the **Moose Jaw Naturopathic Clinic**. To book an appointment or for more information contact the clinic at 692-3848.

Dr. Vanessa DiCicco is a licensed Doctor of Naturopathic Medicine and a Certified Bowen Therapist. She has a passion for healthy living and a love for connecting with people. She is an eclectic practitioner and draws on her varied skill set to tailor individualized treatment protocols for each of her patients. She has experience treating patients of all ages, including infants and young children. Vanessa runs her own practice in Regina, *Head to Heal*. If you are interested in booking an appointment with Vanessa or learning more about the Bowen Technique please visit her website at

www.ndaccess.com/HeadToHeal.

For more information on Naturopathic Medicine in Saskatchewan, please visit www.sanp.ca ✨

Calendar of Events

Saturday September 8th, 2007: Paulette Millis R.N.C.P., R.H.N., R.S.W. will be doing an *Eat Away Illness* book signing at Eat Healthy Foods (3030 12th Ave. Regina) from 1:00 - 2:00 p.m.

Followed by a **Diabetic Cooking Demonstration** from 2:00 - 3:00 p.m.

Food samples available. No registration required.

Mondays: September 10th through October 1st, 2007: Basic Wholistic Cooking Classes with Sandra Brandt.

This series of four weekly sessions provides a comprehensive overview of whole natural foods and preparation techniques. Each session includes the preparation and tasting of a variety of delicious dishes, suggestions for creative variations, as well as recipes to take home.

Dates: Mondays September 10 - October 1 7-9 pm

Cost: \$115

Location: 3239 Victoria Avenue

Call Sandra at 359-1732 or email her at brandt.s@sasktel.net to register

Tuesdays: September 11th through October 12th, 2007: Detoxification Classes with Dr Julie Zepp ND. This series of four weekly session leads you through a three week detoxification program. The importance of cleansing and detoxification in your health cannot be understated. In these classes you will learn the basics of cleansing and learn how to prepare foods that will help you on your cleansing and health journey.

Dates: Tuesdays September 11 – October 2 5:45 – 6:30 pm

Cost: \$200 (INCLUDES instruction, handouts and detoxification supplements)

Location: Nature's Best Market

Email Julie at info@drzepp.com to register

Saturday September 15th, 2007: Emotional Freedom Technique (EFT)- Introductory Workshop 1A with Monica Milas. Please see attached brochure for details.

Time: 1 – 4:30 PM

Cost: \$65

Location: Wintergreene Estates, 4950 Pasqua Street

Saturday September 22th, 2007: Emotional Freedom Technique (EFT)- Beyond the Basic 1B with Monica Milas. Please see attached brochure for details.

Time: 12 – 5 PM

Cost: \$85

Location: Wintergreene Estates, 4950 Pasqua Street

Mondays: October 15th through November 19th, 2007: Overcoming Overeating Group Program with Monica Milas. This 6-session group will allow participants to delve deeper into the emotional issues and mental processes that hold overeating patterns and excess weight in place. (see attached brochure for further details)

Dates: Mondays October 15, 22, 29, November 5, 12, 19 7 to 9:30 pm

Cost: \$150

Location: TBA

Call or Email Monica at 522-3911 or monica.milas@sasktel.net to register for any of the above three EFT courses. ☼