



Kripalu | affiliated studio

## Keep Your Family Healthy This Winter!

### An Evening workshop teaches you ways to boost your immune system to stave off colds and flu!

Learn ways to keep your family healthy during the school year and coming winter months. Discover common dietary habits that stress our immune system and increase our susceptibility while learning foods and herbs that can help keep us strong. We'll talk about daily ancient Eastern practices that help prevent the little "buggers" from getting a hold on you. We'll also let you know what research really says about common supplements such as Vitamin C and echinacea. And if you should come down with something, you'll get treatment strategies for reducing the severity and duration, as well as natural techniques to manage the symptoms. Stay healthy this winter!

**What:** A Season Without Sniffles

**When:** Tuesday, December 11, 2007

**Time:** 7pm - 9pm

**Where:** MYP - 2 Edwards St. Beverly

**Who:** George Mandler CNS LDN LicAc, is a Licensed Dietitian, Certified Nutrition Specialist and Licensed Acupuncturist and Certified Chinese Herbalist. He teaches Nutrition at the New England School of Acupuncture where he is a faculty member. At Harvard Medical School's "Acupuncture for Physicians" course he is an assistant instructor. His talks are always engaging as he loves to educate and share his wealth of knowledge.

**Cost:** \$15 if pre-registered. \$25 at door.

**Call:** Pre-registration strongly encouraged. Reserve your spot by calling Massage Yoga Polarity at 978-927-2664 or email [George@MassageYogaPolarity.com](mailto:George@MassageYogaPolarity.com)