



**BE HEALTHWISE  
HOLISTIC AND NATURAL ALTERNATIVES  
TELESEMINAR SERIES**

**With Host Sheryl Worthington Turgeon, MPH, CHNC**

**SEPTEMBER 17, 2009, 7:00 p.m..**



**School is in...Keep the flu out by boosting your immune system naturally.**

Sheryl Worthington Turgeon of Your Health Potential, talk show host for Dreamvisions 7 radio interviews **Dr. Jennifer Eames** of Marion Chiropractic, for a discussion on how to get a natural boost for flu season.

**OCTOBER 22, 2009, 7:00 p.m.**



**There's more to breast health than finding a lump!**

Sheryl Worthington Turgeon talks with **Jackie Bell**, Natural Medicine Consultant and Host of **HealthWise Alternatives** cable TV show, about Holistic Breast Health, the FDA-approved European Thermography Screening, and what every woman can do to prevent breast disease.

**December 3, 2009 7:00 p.m.**



**Prepare for Surgery, Heal Faster**

**Peggy Huddleston**, Author, tells Sheryl Worthington Turgeon about techniques from her book "**Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques**" Christiane Northrup, M.D. says, "**This book should be in the hands of everyone having surgery.**"

*Presented by*

the *Women*  
in you

*In Association with*

YourHealthPotential.com

-----**For more information & to register:** -----

Jacqueline, 508-999-5167  
[www.thewomeninyou.info](http://www.thewomeninyou.info)

Sheryl, 508-689-4633  
[www.yourhealthpotential.com](http://www.yourhealthpotential.com)

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