

IT IS TIME TO GET BACK ON TRACK AND TAKE YOUR HEALTH IN YOUR OWN HANDS!

- ARE YOU FAMILIAR WITH THE TERM 'PREVENTATIVE MEDICINE'?
- DO YOU KNOW HOW TO MANAGE YOUR STRESS?
- HAS LIFE THROWN YOU A CURVE BALL AND YOU NEED HELP GETTING BACK ON TARGET?

**Karen Castle, MA, Author,
Lic. Acupuncturist, Teacher &
Life Coach can help you get
control of your life from a
mind, body, spirit approach to
health and wholeness.**



Choose From One of 3 Key Topics:

Acupuncture and Optimal Health: Karen will speak on the basics of "All About Your Health." She will give an Acupuncture demo and explain how this ancient medicine works and why it is good for preventing dis-ease.

Is your life changing and you need help staying focused?: Karen will explain how to take charge of your life, how to stay healthy and focus amidst life's challenges! This involves good self-care and a mind awareness that is positive and centered.

Did you know stress is the number one reason for dis-ease? Learn how to restore your balance, manage your stress and revive your energy to do the things you enjoy! Learn simple breathing techniques to stay calm and feel a sense of inner peace.



Karen Castle is a dynamic yet humble speaker. When Karen is teaching or facilitating her workshop, participants begin to connect with their own inner healing wisdom and a better understanding of health and wholeness. -Jim Grant, Energy Healer and Business Coach

**For More Info and to Schedule a Speaking Engagement Contact: Info@KarenCastle.com
To Learn More about Karen's Holistic background visit www.KarenCastle.com.**