

DO YOU NEED TO DE-STRESS?

Spend the weekend with

CHERYL E. WOODSON, MD

at HEARTLAND SPA, GILMAN, IL

South on I-57 about ½ way to Champaign

October 7-9, 2011

IT'S FIGHT OR FLIGHT,

NOT STAND AND STRESS!!!!

Stress management strategies for busy women (and men).

Dr. Woodson will show you how stress hurts your body. She will also help you develop strategies to protect yourself, starting with a weekend of pampering. Enjoy luxurious spa services and delicious, healthy eating. Choose invigorating fitness classes, motivating nutrition classes, inspiring wellness classes, or just relax around a property ablaze in glorious fall color.

To make your reservation, contact

Heartland Spa www.heartlandspa.com

1 800 545-HTLD (4853)

For more information about Dr. Woodson, visit

The Woodson Network www.thewoodsonnetwork.com