



**In today's world...
How do you Reduce stress? Get and stay healthy?
Take back your life?**



TAKE

CHARGE

**A no-nonsense and sometimes startling introduction to a practical
step-by-step guide to reclaim your sense of self
from the chaos of everyday.**

**A free seminar presented and sponsored by the health care professionals
of JBN Medical Diagnostic Services Inc.**

Tansley Woods Community Centre, Date and Time TBA

To reserve your free seat call JBN 905-331-3982