

About Your Speaker

Monica O'Sullivan, ND, has worked in the holistic healing field for 36 years. For the past 18 years, she has built a thriving, successful practice north of Atlanta.

With the use of herbs, homeopathy, nutritional and lifestyle changes, Monica develops individual healing protocols to restore the body to a healthy balance; whether that imbalance is acute or chronic.

For more information, please visit our website: www.docmonica.com.



Autumn is a transitional season inspiring change in your body. During this period, your body requires higher complex carbohydrates, richer plant proteins, and vegetable fats. These foods provide your body with the energy required for the coming winter months.

The foods of autumn, such as apples, squash, peas, beans, corn and nuts, will fuel that change.

Around the time of each solstice and equinox (four times a year), we will be offering a seminar to help guide you to optimal, seasonal wellness. Each seminar will be specific to the season, and help prepare you for the seasonal changes ahead.

Community Health & Healing
3221 S. Cherokee Lane
Suite 1830
Woodstock, Ga 30188

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Natural Rhythms



Return to Seasonal Health & Well Being

The Autumn Seminar

Saturday,

September 25, 2010

9:30 a.m. until 4:00 p.m.