



Denise Stragies Warkov,
CCH, RSHom(NA)
Homeopathy & Nutrition



Rev. Mirabai Galashan
Reiki training



Irene Bojczuk
Release Stress



David Schiman, M.Ac.
Acupuncture



Dr. Bill Pezzello, D.C.
Chiropractic



Yvonne Fisher, CMT
Bowen Technique

2011 Roxborough Health Fair

March into Wellness!

2 Days of Free Treatments
and Health Advice!



FRIDAY MARCH 11 9AM - 7 PM

• Free Workshops

- All about Pilates
- Weigh Less, Live More!
- Foot Health
- Personal Injury Help
- Intro to Acupuncture
- Free Bowen Bodywork Sessions

SATURDAY MARCH 12 9AM - 5 PM

• Free Acupuncture

- Free Bodywork and Massage
- Free Chiropractic
- Free Workshops
 - Pranic Healing
 - Nutrition and Homeopathy
 - Mindful Breathing Meditation
 - Bowen Technique Bodywork
 - Introduction to Acupuncture
 - Feel Better Fast! Release stress
 - Healthy Cleanse
 - Yin and Yang of Nutrition

March 11 and 12

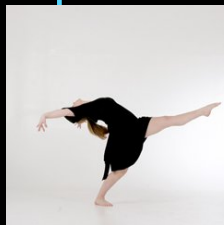
Hosted by the Lyceum Wellness Center
445 Lyceum Avenue, Phila, PA 19128

details at www.roxboroughwellness.com

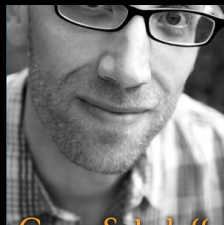
call 267.417.0147 to register for a free
workshop or free treatment. Call for info!



Erin Owen, MBA, CHC, RYT
Nutrition



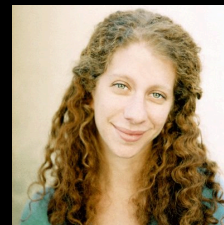
Jennifer Cybulski
6 Keys Pilates



Corey Sokolov
Pranic Healing



Beth Leianne Curtis,
MSW, CPM
Natural Childbirth



Sarah Lefkovich, M.Ac.
Acupuncture
& Meditation



Lissa James
Health Counseling

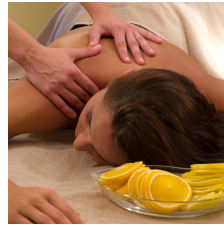
Friday March 11, 2011 and
Saturday, March 12, 2011

9 AM to 7 PM both days

Lyceum Wellness Center
445 Lyceum Avenue,
Philadelphia, PA 19128



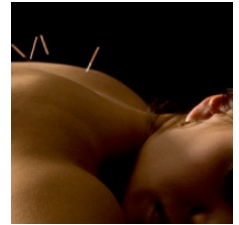
Stress Reduction & Nutrition Advice
Learn techniques and meditation for releasing stress and anxiety. Learn about Nutrition!



Free Bodywork! Free Massage!
Free sample sessions of Bowen Technique, Pranic Healing, Reiki, Massage, and more!



Free Chiropractic
All day on Saturday, receive free chiropractic adjustments and learn how spinal health can impact your whole life, eliminate pain, and keep you well!



Free Acupuncture!
All day on Saturday receive free acupuncture and learn how acupuncture can help with chronic pain, stress and enhance vitality!

2011 Roxborough Health Fair

March into Wellness!

sponsored by:



Affordable, Effective Acupuncture

Sliding Scale Fee \$20 to \$35

www.acupuncturerox.com

267.417.0147

Free Treatments on Sat., March 12!!



Lyceum Chiropractic

Expert Spinal Care
215.508.5555

www.lyceumwellness.com

White and Williams, LLP



Dan O'Brien and Julia Lee are personal injury attorneys at White and Williams LLP. They provide superior representation to individuals who are seriously injured in accidents. Dan is an active triathlete and cyclist and lives in Blue Bell with his family. Julia is an avid distance runner and lives in East Falls with her husband



and two young children. Their practice has been featured on NBC10 news and Big Talker 1210 radio. Dan and Julia's office is located at 115 Fayette Street, Conshohocken, PA 19428, (610) 897-2550. Visit their website at www.thePaNjinjurylawyers.com. You can email them at obriend@whiteandwilliams.com and leej@whiteandwilliams.com.

Offering free reviews of auto, homeowner's and commercial insurance policies during the health fair!!!

2011 Roxborough Health Fair

March into Wellness!

2 Days of Free Treatments and Health Advice!

scroll down for details about each workshop schedule



March 11 and 12

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[Lyceum Wellness Center](#) at
445 Lyceum Avenue, Phila, PA 19128

call **267.417.0147** to register for a free
workshop or free treatment. Call for info!

FRIDAY MARCH 11 9AM - 7 PM

• Free Workshops and Treatments

- noon - All about Pilates
- 2 PM - Foot Health
- 4 PM Intro to Chiropractic
- 4 PM Natural Childbirth and Doulas
- 6 PM - Weigh Less, Live More!
- 7:00 PM -Introduction to Acupuncture
- 7:30 PM - JuicePlus Nutrition
- Personal Injury & Insurance Help - ALL DAY

SATURDAY MARCH 12 9AM - 4 PM

• Free Acupuncture - ALL DAY!

• Free Bodywork and Massage ALL DAY!

• Free Chiropractic - ALL DAY!

• Free Workshops

- 9 AM - Homeopathy and Nutrition
- 10 AM - Bowen Technique Bodywork
- 11 AM - Pranic Healing
- NOON -Introduction to Acupuncture
- 1 PM - Mindful Breathing Meditation
- 2 - Feel Better Fast! Release
- 3 PM - Yin and Yang of Nutrition