



**BE HEALTHWISE
HOLISTIC AND NATURAL ALTERNATIVES
TELESEMINAR SERIES**

With Host Sheryl Worthington Turgeon, MPH, CHNC

SEPTEMBER 17, 2009, 7:00 p.m..



School is in...Keep the flu out by boosting your immune system naturally.

Sheryl Worthington Turgeon of Your Health Potential, talk show host for Dreamvisions 7 radio interviews **Dr. Jennifer Eames** of Marion Chiropractic, for a discussion on how to get a natural boost for flu season.

OCTOBER 22, 2009, 7:00 p.m.



There's more to breast health than finding a lump!

Sheryl Worthington Turgeon talks with **Jackie Bell**, Natural Medicine Consultant and Host of **HealthWise Alternatives** cable TV show, about Holistic Breast Health, the FDA-approved European Thermography Screening, and what every woman can do to prevent breast disease.

December 3, 2009 7:00 p.m.



Prepare for Surgery, Heal Faster

Peggy Huddleston, Author, tells Sheryl Worthington Turgeon about techniques from her book "**Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques**" Christiane Northrup, M.D. says, "**This book should be in the hands of everyone having surgery.**"

Presented by

the **Women**
in you

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