

H&S Awareness Month October 2011

PACE Independent Living in conjunction with H&S
Awareness Month Presents a FREE Workshop :

Quit Smoking with Naturopathy

With Special Guest Dr. Kathryn Yash, BA, ND

Wednesday October 26th, 2011

6-8pm at Head Office (970 Lawrence Ave West Suite 210)

Topics Covered

- ☼ What is Naturopathic Medicine?
- ☼ Chemicals in cigarettes
- ☼ What makes us want to smoke?
- ☼ How to Quit
- ☼ Positive effects on the body after quitting smoking
- ☼ Alternative Treatments
- ☼ Nutrition and Diet
- ☼ Botanical Medicine
- ☼ Counselling
- ☼ Acupuncture
- ☼ Exercise
- ☼ Homeopathy



Please Call Danielle Daoust at

416-789-7806 ext. 239 to book your space!

Space is limited so call now!!!

Food and drinks to be provided!!!

PACE is committed to health, safety and wellness,
actively striving to provide our staff and consumers
with a healthy and safe environment to work and live.