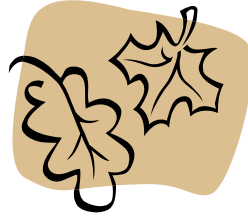


Stone Turtle Health Presents

September Health Education Series



SKILLS FOR COPING WITH AND REDUCING STRESS:

Stressed from work, family, relationships, or just life in general? Come meet with counselor Amanda Faasse, MS and Dr. Katie Baker, ND, LMP to discuss how stress manifests in your life, coping mechanisms for dealing with stress and resources in your community for feeling better. At the end of the discussion, Dr. Baker will lead two group relaxation exercises, followed by a question and answer period. Leave with tools to help you manage day-to-day and major life stressors and in a very relaxed frame of mind. We look forward to seeing you there!

When/Where: 7-8pm, September 17, 2009, Greenlake Public Library (7364 E Green Lake Dr N Seattle, WA 98115-5352)

REDUCING INFLAMMATION THROUGH DIET

Are you inflamed? Inflammation is part of your body's natural defense system. However when this process goes awry it can contribute to such seemingly diverse disease states as arthritis, diabetes, heart disease, Alzheimer's disease, irritable bowel syndrome, migraines, asthma, allergies, obesity and some cancers. What you eat, or don't eat can have a huge impact on inflammation in your body. Come learn a few simple things you can do to cool off inflammation and reduce your risk for developing some of today's most common diseases.

Tim Knight, LAc, CN will discuss inflammation, followed by a general question and answer period about inflammation, nutrition, and acupuncture.

When/Where: 7-8 pm, September 29, 2009, Greenwood Public Library (8016 Greenwood Ave N Seattle, WA 98103-4282)

October Education Talks scheduled soon. For comments, suggestions: info@stoneturtlehealth.com