

# *Jensen Health & Energy Center's* Up Coming Events



Enjoy these programs to *help you achieve perfect balance in your life.*

## **Intention: Where do you want your *Health* to be?**

Wednesday January 13<sup>th</sup> 6:00-7:00 pm

Join Dr. Katharine Gandy in looking at the tradition of New Year's resolutions and what they mean to a balanced lifestyle. Learn to set individualized goals to achieve improved health and function & how to set up the support to reach them.

## **Detox Seminars by Dr. Todd Shulfer**

Saturday, January 16<sup>th</sup> 9:30 -11:30 am & Wednesday January 27<sup>th</sup> 6:30-8:30 pm

If you're considering using a detoxifying cleanse to jump start your weight loss program or explore the symptoms of chronic imbalance, you don't want to miss these free informational sessions. You will learn about:

- History of cleanses
- 3 primary goals of a cleanse
- Benefits of a cleanse
- What to expect when cleansing and how to do it safely.

## **Kinesiology & Functional Nutrition by Dr. Katharine Gandy**

Saturday January 23<sup>rd</sup> 11:00-12:00pm

Whether you are looking for answers to health questions or guidance on your path to health, come learn how Applied Kinesiology can benefit you. We will discuss six steps to wellness plus unique tools to address mental and physical stress including allergy elimination (NAET) and neuro-emotional (NET) techniques.

**Call 262-782-1616 to register**

All Sessions held at the Jensen Health & Energy Center located at  
500 Elm Grove Road, Suite 325

(on the corner of Bluemound and Elm Grove Roads)

[www.health-energy.com](http://www.health-energy.com)

Bring a friend!