

DR. LAUREN NAPPEN

&

*ah-h-h-justing to life*

PRESENTS



[www.ahhhjustingtolife.com](http://www.ahhhjustingtolife.com)

# NOURISH & NURTURE *series*

...for forward momentum in 2012!

An integrated, multi-level approach that has you remembering what it is to *Ah-h-h-just to Life!*

Each class builds on the next with perfect repetition so you'll leave feeling confident about caring for your whole Self.

Know "What, Why and When" with our Natural Tool Kit of...

**Wise Nutritional Supplementation and Structural Integrity** for physical level support

**Flower essences, Aromatherapy and Aura Soma Color** for mental/emotional/spiritual support

**PART One: Clearing the Blues**  
**Monday, Feb. 20th**

Let go of melancholy, embrace healthy hibernation and gain a deeper understanding of the essence of Blue. (Tuition: \$30)

**PART Two: Excitement and Stress**  
**Monday, March 19th**

Learn how to use your energy wisely so excitement doesn't become stressful! And Spring is here! So prepare to release the last dangling particles of winter toxicity and tap into your confidence as you reach toward your Wishes and dreams. (Tuition: \$30)

**PART Three: Focus**  
**Monday, April 16th**

So much to do, so little time... Wondering where your memory went? Why so much brain fog? Clarity. Certainty. Clear Thinking. Not all is lost... (Tuition: \$30)

**Class Time:** 7-8:30

**Location:** Ah-h-hjusting to Life, Mechanicsville PA  
**RSVP:** 215.794.0606