

FINDING

Balance

IN YOUR LIFE



Do you want to be happier? Healthier? Maybe you just want to have more fun! Dr. Terri Cooper will demonstrate techniques to lower stress and to live each day more richly and fully. She will help you uncover core emotions and belief systems that may be sabotaging your life and preventing you from the success you desire.

□ Dr. Terri Cooper is a chiropractic physician and owner of Wholistic Wellness Clinic, PC. She takes a holistic approach to wellness, specializing in mind/body work and sports injuries. Dr. Cooper has practiced for 15 years and is a Certified Sports Physician, Diplomate in Acupuncture (NCCAOM), and certified in NeuroEmotional Technique. She enjoys helping people find health and happiness in every aspect of their life.

Sunday, October 29, 1-3 pm

COST: \$25 PER PERSON

UNITY CENTER • 3791 BLAIRS FERRY RD NE • CEDAR RAPIDS, IA



Wholistic
WELLNESS
CLINIC, PC

FOR MORE INFORMATION, CALL

(319) 365-1141