



The Mind-Body-Spirit Connection

What is it?

How does it affect your health?

FREE HEALTH TALK AT MUSTARD SEED MARKETS

August 24, 2010
6:30 p.m.

Mustard Seed Montrose

August 28, 2010
1:00 p.m.

Mustard Seed Solon

Lynn Klimo, MD, a pioneer in the field of integrative psychiatry, will share simple things you can do to improve your health by connecting mind, body and spirit. She will discuss a new approach to good health through functional medicine and address which three supplements can provide the greatest boost to mental health. Dr. Klimo will also share tips on how to talk to your doctor about the holistic therapies you may be using and discuss how what they don't know, could hurt you.

Please register. There is no fee for this talk, but a donation to the Food Bank is requested of 2 cans/boxes of food and/or a monetary donation.



The Center for Integrative Psychiatry & Wellness treats a wide range of both emotional and physical conditions. Our physicians and health practitioners utilize the best of conventional medicine alongside holistic wellness services that enhance the healing process. We provide a combination of services under one roof, custom designed for your care.



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