

# *Dr. Lori Eanes Invites You To*

## **DO AS THE DOCTOR DOES**

### *Relax, Rewind, Renew*

*What do Doctors do for their health that they may not be sharing with you?*

Learn the secrets behind medical decisions regarding your health

Recognize stress as a leading cause of disease

ONE DAY of engaging activities that can change a lifetime of health

Simple proven solutions that improve well-being

Create a daily practice for disease prevention

### *Cost Includes:*

An interactive presentation to help you understand healthcare practices and what questions you should be asking

Full complimentary lunch of healthy spa cuisine

Take home practices for improving the health of your family

Evening appetizers and refreshments

An individual activity of your choice to include an option of:

**Creating Herbal Medicines,**

**QiGong Movement,**

**Mindfulness Nature Walks,**

**Culinary Kitchen Adventures,**

**Art Therapy,**

**Organic Gardening, Yoga,**

**or Animal Therapy**

(based on availability)

***Discount luxury accommodations available – Contact Sunrise Springs Resort Reservations – 877-977-8212***

*Ask for Dr. Lori's Event Rate – June 24th*

*Enjoy massage or spa treatment (additional cost)*

*Roundtrip transportation available from Santa Fe Airport (\$40RT) and Albuquerque International Airport (\$150RT)*

**GET EMPOWERED • RESERVE NOW**

**SUNRISE SPRINGS WELLNESS RESORT  
SANTA FE, NEW MEXICO  
FRIDAY, JUNE 24TH  
\$249**

