

Kettlewood Retreats Rev. Holly W. Whitcomb, Director

<http://www.kettlewoodretreats.com>

Friday, May 15, 2015

9:30 A.M. - 3:30 P.M.

CONSCIOUS AGING CONFERENCE 2015

This Conscious Aging Conference will include discussion and presentation by both speakers.

Conscious Aging and Spiritual Wisdom: The Gift of the Present Moment

Casinos and bingo halls often post the sign: “You must be present to win.” How do we relinquish the “if only” and “when” to dwell fully where we are? **Rev. Holly Whitcomb**, widely traveled retreat leader and spiritual director, is the author of four books. (She will bring a new recipe too!)

Conscious Aging and Optimal Health: How We Get Fat, Making Thyroid Perfect

1) How We Get Fat: Learn how to lose weight forever, how to get off diabetes medication, how to get off cholesterol medication. 2) Making Thyroid Perfect: Fatigue is the #1 reason people see a doctor. Thyroid is your energy’s compass. Reset that compass and stop fatigue. **Dr. John Whitcomb**, board-certified in Anti-Aging and Regenerative Medicine, is in private practice at the Brookfield Longevity and Healthy Living Clinic in Brookfield, Wisconsin.

Kettlewood Retreats invites you to this special day at Cedar Valley. Come join us in the countryside of the Kettle Moraine on 100 spectacular acres (an outdoor labyrinth too!) near West Bend. The noon meal is included.

To register for this event, please write a check for \$50.00 to Rev. Holly Whitcomb and send it to: 2095 Elm Tree Ct., Elm Grove, WI 53122. Include your name, address, e-mail, and phone number(s). Please register as soon as you can. THIS EVENT CAN FILL QUICKLY AND WE DON’T WANT TO TURN YOU AWAY. Upon receipt of your registration, you will receive a map. For more information, call (262) 784-5593.