

*Aiken Augusta Holistic Health Presents...*

# "Simple Steps to Owning Your Health"

workshop begins

## Tuesday, September 8, 2009

Workshop runs for eight consecutive Tuesdays

7:00 p.m. - 8:15 p.m.

at the AAHH Office in North Augusta, SC

### This simple step-by-step, 8-week workshop:

- puts you back in charge of your health;
- gives you clear and reliable information you can put into practice right away;
- starts you on a new path to wellness with achievable steps in...
  - nutrition that tastes great
  - physical activity that energizes
  - breathing exercises for energy and calming
  - mind-body wellness and stress reduction
  - environmental health and detoxification

Each week covers new ways to optimize health and includes hands-on activities. These simple steps create the basis for your ongoing journey of health ownership.

### Workshops facilitated by:

Gail Pendergrast, BSN, MS: Life and Health Coach ~AND~ Robert Pendergrast, MD, MPH: Trainer & Speaker

*"I received way more out of the class than I paid for. I love what you do and give here. I feel better than I have in years."*  
-Pat Holley, Beech Island, SC

*"Wow! You two did such an excellent job with the 8-week class that it far exceeded my expectations. It felt more like a club atmosphere than a class. I wish I could continue on with the next class."*  
-Amy Kaplan, Martinez, GA

*"I learned a lot and enjoyed myself in the process while attending Simple Steps to Health class. Dr. Pendergrast is well-informed, up-to-date with information, more-than-willing to field a myriad of questions, and extremely approachable. Coach Gail is enthusiastic, empathetic to each person's individual situation, and extremely encouraging."*  
-Jacqueline Griffin, Martinez, GA

**\$100.00 per person**

**\$160.00 per couple** (*couple is one economic unit*)

(Fee includes one hardback copy of **Eight Weeks to Optimum Health**. Couples receive one book to share.)

**Refer a friend, or a couple, and save \$10 per referral off your own workshop cost!**

**\*\* Class Size is Limited \*\***

For more information, call AAHH at 803-426-1421 or  
email Gail Pendergrast at CoachGailP@gmail.com