



# Take Charge: Maximize Your Health & Life

*Let us empower you to create a new level of energy,  
health, and vitality in just one afternoon*

**Saturday, March 6, 2010**

**1:00 p.m. – 4:00 p.m.**

**Clarion Suites, Augusta, GA**

*(3038 Washington Rd, Augusta, GA- near I-20/Washington Rd – Clarion phone: (706) 868-1800)*

**\$30 per person / \$50 per couple**

*(one economic unit please)*

**\* Advanced registration is required \***

**This three hour workshop will give you powerful tools to:**

- Take control of your health and life more powerfully 365 days a year;
  - Know how to shop, cook, and eat for optimum health;
  - Learn simple ways to decrease stress;
- Develop awareness of how to make decisions and follow-through;
  - Simplify the steps to health ownership.

**Seminar Facilitators:**

Gail Pendergrast, BSN, MS, Health and Life Coach  
Robert Pendergrast, MD, MPH

**\* Call the office to register or return the form below \***

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**Take Charge in 2010: Maximize Your Health and Life 365  
Saturday, March 6, 2010**

Please make checks payable to Aiken Augusta Holistic Health and mail to: PO Box 7798 North Augusta, SC 29861

Name(s) \_\_\_\_\_ Email \_\_\_\_\_

Address / City / State / Zip: \_\_\_\_\_

Home: \_\_\_\_\_ Cell: \_\_\_\_\_ Other: \_\_\_\_\_

Referred by \_\_\_\_\_ Birthday: \_\_\_\_\_

**To pay by Credit Card (Master Card, Visa or Discover) please fill out information below:**

Name on Credit Card \_\_\_\_\_

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Code on back \_\_\_\_\_

Charge my card \$ \_\_\_\_\_ Signature \_\_\_\_\_

**Aiken Augusta Holistic Health ~ 803-426-1421 ~ [www.aikenaugustaholistichealth.com](http://www.aikenaugustaholistichealth.com)**