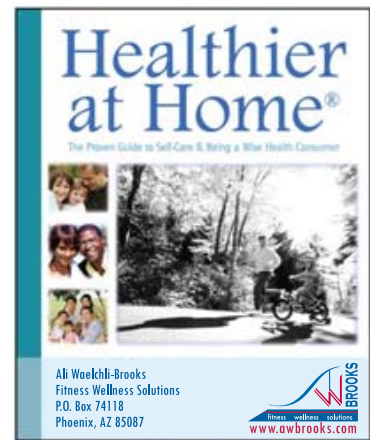


# HealthyLife<sup>®</sup> Self-Care and You



Have you ever wondered...

Can I treat this illness or injury myself?

What self-care measures should I do?

When should I see a doctor for this?

How can I save money on health care?

Learn the answers to these questions and more are at the  
HealthyLife<sup>®</sup> Self-Care and You seminar

...because no one will take better care of you than YOU!



Join wellness speaker Ali Waelchli-Brooks for this informative session. Ali is the owner of AW Brooks Fitness Wellness Solutions and does speaking and consulting throughout Arizona. She has degrees in Health Promotion (BA) & Exercise Science (MA) and has been teaching people about fitness and wellness for over 16 years.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_