

# **“Becoming Your Own Healer”**

*program allows you to take charge of your own health now!*

***Are you suffering from chronic or intermittent pain?***

***Learn simple, easy ways to:***

**Banish Bad Backs**

**Negate Nagging Knees**

**Shun Sensitive Shoulders**

**Haul Away Headaches**

**Push out Plantar Fasciitis**

**Conquer Carpal Tunnel Syndrome**

**Strengthen Spines**

**Neutralize Negative Knees**

Dr. Karen Hollifield, a non-force chiropractor and certified yoga instructor, has created the four week program, “Becoming Your Own Healer.” This empowering program is a result of Dr. Karen’s 21 years of experience working with sports injuries, accidents and other chronic physical problems. Incorporating the healing and strengthening practice of Raja Yoga into specific joint rehabilitation exercises she has created a program that almost anyone can follow.

This program will especially benefit those who have been afraid to start exercising because of pain. Class size is limited so secure your spot early.

“Becoming Your Own Healer” includes both health instruction as well as exercise. Please wear loose clothing and bring a yoga mat.

As an extra bonus, you will receive a booklet that includes everything covered in the classes.

**The fee is \$50.00 for the 4 week series.**

**Classes take place at:**

**Jan’s Fitness Studio**

3020 Shore Drive, Va. Beach  
(The studio is located across from  
the BP gas station and Starfish Lane)

**Sign up at:**

Hollifield Chiropractic Center  
2953 Virginia Beach Blvd.

**January Schedule:**

**Mondays, 6:30 - 8:00**

January 7, 14, 21 and 28

**March Schedule:**

**Mondays, 6:30 - 8:00**

March 3, 10, 17 and 24

**For more information, call: 498-8700**