

# de-stress SUMMIT

ONLY  
**\$25**  
WOW!



**CONNECT  
HEAL  
STRENGTHEN  
INSPIRE**

Feeling stressed and overwhelmed?  
Gather tools and tips to make simple, effective changes in life to combat stress and feel great!

## Learn from an EPIC panel of health care professionals

Doctors | Pharmacist | Naturopath | Dietician | Optometrist | Massage therapist | Nurse  
Occupational therapist/Mindfulness practitioner | Fitness professional | Counsellor

*Dr. Caroline Teske*  
Holistic Optometrist

*Margaret Wallis-Duffy*  
Massage Therapist

*Rima Thapar*  
Holistic Practitioner

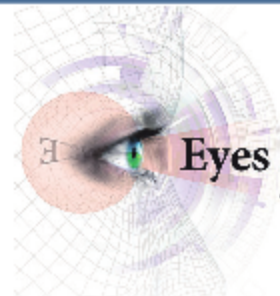
*Dr. Hillary Webster ND*  
Naturopathic Doctor

*Camille Lawson*  
Hormones, Sexuality &  
Health Advisor

*Aimee Hayes*  
Registered Dietitian &  
Clinical Aromatherapist



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