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**PROPHECY SEMINAR**



Shawn Boonstra



Henry Feyerabend

**OPENING NIGHT**  
FRIDAY, OCTOBER 18, 7:30 P.M.

Apple Creek Seventh-Day Adventist Church  
700 Apple Creek Blvd., Markham, 905-946-8751 x1005  
Live Satellite Seminar from Dalhousie University, Halifax N.S.  
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**ANXIETY & PANIC**

Ten years ago, Mike Glugosh was a hostage to his own fears and depression. Constantly worried about his health and his own state of mind, he found himself wanting to avoid situations that made him feel anxious such as being alone, going to work and socializing. In time Mike realized he was not alone in his suffering. Anxiety disorder is the number one emotional problem in our country today.

Mike will share the story of his recovery and provide coping skills at a FREE seminar open to the public in your area.


Symptoms of anxiety, panic and depression include heart palpitations, chest pains, dizziness, stomach problems, bewildered & spaced out feelings, confusion, shortness of breath, scary thoughts, trembling or shaking, nervous or panicky feelings, feeling helpless and hopeless, loss of appetite, excessively tired, and easily prone to guilt.

Generally people fear what Mike calls, "losing control", having a heart attack, embarrassing themselves, or losing their minds.

The Midwest Center For Stress and Anxiety, with whom Mike works, has done stress and anxiety seminars for companies such as Chrysler, AT & T, and McDonald's. They have also been featured on OPRAH, REGIS and KATHY-LEE and "THE VIEW" with BARBARA WALTERS.

If you cannot attend, please call 1-800-318-7766 for information.

The Midwest Center specializes in programs for anxiety, panic and depression.



See Mike Glugosh at

**FREE SEMINAR**  
No Reservations Needed

Tues. Oct. 15, 7:30-9:15pm Hilton Suites Hotel 8500 Warden Ave <b>MARKHAM</b>	Wed. Oct. 16, 7:30-9:15pm Travelodge Hotel Yorkdale 2737 Keele St. <b>NORTH YORK</b>	Thurs. Oct. 17, 7:30-9:15pm Delta Toronto East Hotel 2035 Kennedy Rd. <b>SCARBOROUGH</b>
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