

D · R · E ·  · M.
— wellness —

Presents

Living the D.R.E.A.M.®

Are you as healthy as you would like to be?
Are you as happy as you would like to be?
Are you as successful as you would like to be?
Are you currently living YOUR DREAM?



Are you living your DREAM?

What: A Wellness Workshop that will help you change your life
Where: DREAM Wellness
1976 Garnet Ave
Pacific Beach
(858) 274-2225
When: Every other monday
at 6:30pm (check our website
or call for upcoming dates)
Cost: None if RSVP (\$15 at door)

www.dreamwellness.com

Most people fall short of attaining their goals due to poor planning, lack of a solid foundation and inadequate support. Take this opportunity to be inspired and start acquiring the tools necessary to live your best life now!

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DREAM Wellness invites you to their Wellness Workshop, LIVING THE DREAM! This complimentary 90 minute event will give you the knowledge and tools needed to ensure a lifelong successful wellness journey by living with purpose, intention and balance. You will also learn how to set goals, create positive affirmations and apply the principles of the movie, The Secret by using the law of attraction to obtain your health and wellness goals. You will also be inspired to prosper spiritually, emotionally, mentally and financially in your personal and professional life.



Dr. Brian Stenzler, CEO of DREAM Wellness, was the NY Chiropractor of the year in 2003 and received the Outstanding Service Award from the World Chiropractic Alliance in 2004. He is known in the wellness community as a leader and visionary and a renowned lecturer/speaker at educational institutions, seminars and corporations around the world. Dr. Stenzler and other guest speakers will be teaching the important building blocks of an attainable wellness lifestyle through D.R.E.A.M., the 5 Facets of Wellness (Diet, Relaxation, Exercise, Adjustment & Mental Wellness). You will leave feeling inspired, empowered, educated, entertained and determined to Live the DREAM!

1976 Garnet Avenue
San Diego, CA 92109
(858) 274-2225

722 Genevieve St Suite S
Solana Beach, CA 92075
(858) 876-0445

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