

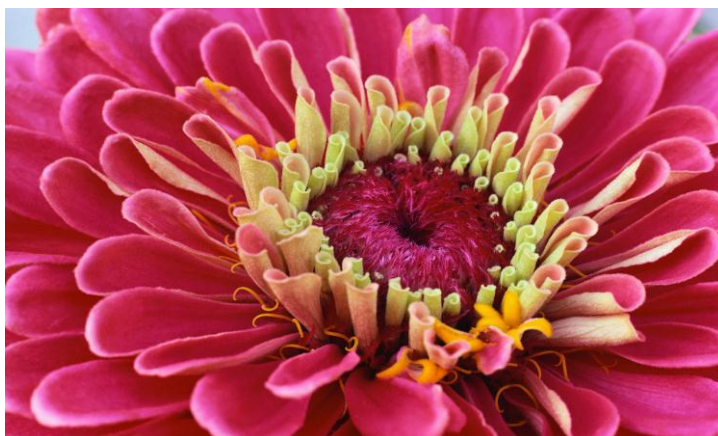
# Find Your Balance

FREE Weekly Wellness Workshops  
A-TCAA IONE FAMILY LEARNING CENTER

5pm to 7

Potluck Dinner  
Call to Reserve  
274-4527

410 S. Church St.



Free Child  
Care for  
children  
0-12

Please RSVP for  
Child Care

**June 22, 2011**

## Wellness and Weight Managment

Come and be motivated by Alyshia Davies a personal trainer specializing in weight management. She has completed the Boston Marathon among the world's top 20% marathon finishers. She has made it her passion to help people manage their weight and empower them in their journey to wellness.

Presented by  
Alyshia C. Davis

**June 29, 2011**

## Introduction to Hypnosis

Join Brandy for the basics in Hypnosis, this is a fun informative class learn; The difference between mediation and hypnosis, Simple techniques for self-hypnosis for personal transformation, and soothing Guided meditation for relaxation.

Presented by  
Brandy Astwood  
Director Motherlode  
Holistic Center



Provided by ATCAA and  
Amador County Behavioral

No person shall be discriminated against in participating in any A-TCAA program or service because of race, color, age, religion, gender or sexual orientation, national origin or physical disability.

