



Deborah Myers works with people from infants to elders who want to feel healthier, be stronger and increase their vitality. Founder and Director of Health at Your Fingertips, she is passionate about empowering others to live life in a balanced and healthy way. In her private practice, she assists individual clients in their search for stress reduction, pain relief and healing.

Through coaching and workshops, Myers has helped thousands of people discover how they can easily and effortlessly attract what they want in their lives and have health at their fingertips. She is a Certified Acupressurist and Jin Shin Jyutsu practitioner. She has been seeing clients for over 20 years. Deborah allows her intuition to guide the integration of these healing techniques to match the needs of her clients.



Get Your Writing on see your words and ideas flow with ease Health at Your Fingertips Presents a Workshop Just for Authors

- Are you searching for clarity and focus?
- Want to increase your output?
- How about wanting to move stress OUT of the picture?
- Want to get over "beating yourself up" and just get to it?

Put the power of wellness into your hands!

Learn self-help acupressure and Jin Shin Jyutsu techniques designed to:

- Increase your vitality
- Reduce anxiety and stress
- Activate your immune system
- Improve your health and wellbeing
- Compliment your exercise program
- Attract what you want
- Get relief from physical symptoms that reduce productivity

Deborah Myers, founder and director of Health at Your Fingertips will teach you how to help your body heal itself...so YOU can easily improve your energy level and well being.

Author Workshop

Tuesday Night: January 24, 2017 6:30 to 8:30 pm
Tuition: \$89.00 **Use Code: Easywriting** and register by January 14 for **\$49.00**
Location: **Mentor Me/Cavanaugh Recreation Center**
426 8th Street, Petaluma, California

Registration: Call 707.546.5692 to reserve your space. Mail registration form with payment to 2816 Hidden Acres Road, Santa Rosa, CA 95404.

Or register online at www.healthatyourfingertips.com/workshops

Contact: Deborah Myers at 707.546.5692 or deborah@healthatyourfingertips.com

Send this form with payment to: Deborah Myers, 2816 Hidden Acres Road, Santa Rosa, CA 95404

First: _____ Last: _____ Phone: _____
 Company: _____ e-mail: _____ Date: _____
 Address _____
 City: _____ State: _____ Zip: _____
 Credit Card Type: _____ Acct #: _____ Exp Date: _____ CSV: _____

Early Bird by January 14, 2017: \$49. x _____ Regular Price \$89. x _____
 Special Code: _____ Total Amount Enclosed: _____