

The Way To Wellness

Hampden Public Library 2018 Lecture Series



JOIN US!

1st and 3rd Thursday Nights 7:15 - 8:00 pm

Presented by Dr. Joseph Breton, Naturopathic Physician

Thursday February 1st

PHILOSOPHY OF A CURE

Fundamental Healing Mysteries Revealed

“There exists those who overcome illness and those who are overcome by illness.”

Thursday February 15th

THE FOREVER HEALING HAPPY HUMAN

Influences of the human spirit on personal and planetary health

“A cheerful heart is the health of the body.”

Thursday March 1st

NEANDERTHAL: SAVE YOUR LIFE SHAKE

Super-nutrient products hidden at your local market everyone forgot about

“You can enrich your health beyond expectations with a blender.”

(We will make the NEANDERTHAL at lecture)

Thursday March 15th

HOME HEALTH SPA

Turn your home into a vital healing atmosphere!

“Rejuvenating herbal salt baths, clarity cleanse, aroma therapy, massage and more.”



Dr. Joe Breton is a licensed Naturopathic Physician for 20 years. He has served as an adjunct professor at the University of Bridgeport teaching courses in Oncology and Nutrition. Dr. Joe dedicates his life to those who seek help to improve and transform their life. He believes everyone can better themselves no matter the burden. Simple, yet powerful methods exist within the healing potential of nature for us to learn and embrace. Long lasting health is our shared goal towards a rich life of wholeness and happiness. Dr. Joe practices in Hampden, MA and can be reached at **(413) 388-3344** to answer any of your health concerns.