

# The Way To Wellness

Hampden Public Library 2018 Lecture Series

JOIN US!

1<sup>st</sup> and 3<sup>rd</sup> Thursday Nights 7:15 - 8:00 pm

Presented by Dr. Joseph Breton, Naturopathic Physician



**Thursday April 5th**

## SPRING WELLNESS CLEANSE

For optimal health our body requires a cleanse each spring and fall.

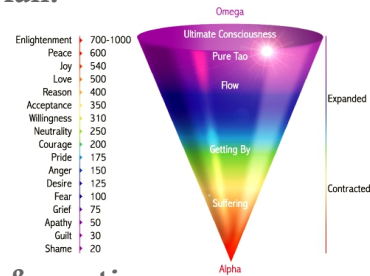
*"We can always practice anew. We can always begin over." -Thich Nhat Hanh*

**Thursday April 19th**

## GOOD VIBRATIONS

Influences of measured energy fields (Mhz) of our food & medicine, body & emotions.

*"If you wish to experience peace, provide peace for another." - Dalai Lama*



**Thursday May 3rd**

## BAREFOOT AND POSITIVELY HEALTHY

The Earth is a massive reservoir of negatively charged free electrons just waiting to cure us!

*"We still do not know one thousandth of one percent of what nature has revealed to us" - Albert Einstein*

**Thursday May 17th**

## THE HEALING POWER OF DRUM-SONG

The drum beat is the first sound we hear from our mother's womb

*"The Drum takes us to that special place we can reconnect to those things that truly matter to our Spirits, Minds, Emotions and the Earth." -Native American Wisdom*

(We will all participate in playing the POWWOW drum together)



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. 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.