



MARIN GENERAL HOSPITAL
CENTER FOR INTEGRATIVE HEALTH & WELLNESS

2012 Resolutions: Choose Health, Choose Happiness



Date: Saturday, January 28

Time: 9:00 – 12:00pm

Location: Marin General Hospital Conference Center
250 Bon Air Road ~ Greenbrae

Cost: Pre-Registrants: \$15
Pay-at-the-Door: \$25
MGH Employees: FREE of charge

Join Marin General Hospital's *Center for Integrative Health & Wellness* and renowned integrative physician, **Dr. Marty Rossman** for a thought-provoking, informative workshop on creating a meaningful and actionable health & wellness plan for the new year.

Whether you are looking to improve your physical health, reduce stress, lose weight, change bad habits or simply optimize your overall wellness, this workshop will provide the tools you need to transition to a healthier and happier state. **All pre-registrants will receive a FREE guided imagery CD by Dr. Marty Rossman. SPACE IS LIMITED!!**

Please RSVP to:

888-99-MY-MGH

(888-996-9644)