

ADDICTION RECOVERY SEMINAR

Nov. 14-24, 2010

www.wildwoodhealthretreat.org

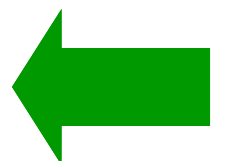
Phone: (931) 724-6706



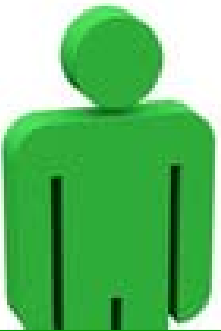
Wildwood Health Retreat

7

Steps To Wellness



INDIVIDUAL COUNSELING
STRUCTURED EXERCISE
BOTANICAL AGENTS
COOKING CLASSES
HEALTH LECTURES
VEGETARIAN DIET
HYDROTHERAPY



Natural remedies, in conjunction with lifestyle, are safe and effective methods for treating a variety of problems, including:

SMOKING
ALCOHOL
DRUG ABUSE
DEPRESSION
ANXIETY
STRESS
APPETITE

1. **PHYSIOLOGY OF CHANGE**
2. **BUILDING WILL POWER**
3. **LIFESTYLE STRUCTURE**
4. **NEURAL PATHWAYS**
5. **DECISION MAKING**
6. **DIVINE HELP**
7. **NUTRITION**



A Christian Non-Profit Organization

Cost: \$1275.00