

# ADDICTION RECOVERY SEMINAR

Sept. 19-26, 2010

[www.wildwoodhealthretreat.org](http://www.wildwoodhealthretreat.org)

Phone: (931) 724-6706

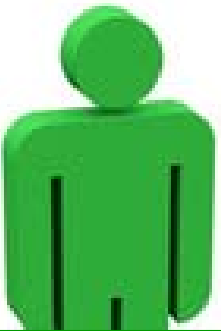


## Wildwood Health Retreat

# 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