

Dedicated to  
Health Medicine:  
Integrative, Holistic,  
Person-centered,  
Preventive Care



# The Health Medicine Forum

3799 Mt. Diablo Blvd., Lafayette, CA 94549

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

925-210-7414

## How to have **an appetite** you can trust **and a body** you can love

To hear an interview  
with Julie about this event:  
[www.juliemotz.ask-us.org](http://www.juliemotz.ask-us.org)

A workshop with  
Julie Motz, author  
of *Hands of Life*

**Saturday, Jan. 20, 2007**

**10 am - 5 pm**

at the Health Medicine Center  
3799 Mt. Diablo Blvd., Lafayette

**\$100** before Jan. 12th, **\$125** after

To pre-register: Send check, payable to "HMF," to the address above in care of HMF. Checks must be received by Jan. 12 to receive the pre-registration discount. Please indicate if you will join us Friday and/or Saturday.

### At this workshop we will explore:

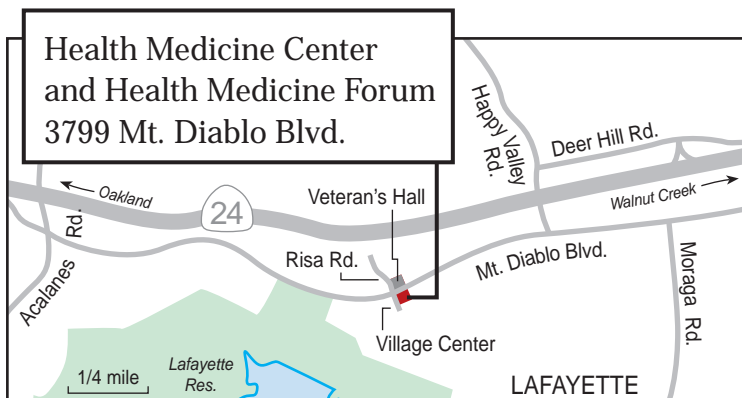
- Eating can satisfy many hungers
- The roots of food addictions may be prenatal
- Our interaction with our mothers when they fed us
- The role of early survival strategies in forming eating patterns
- Releasing ourselves from the bondage of food addictions
- Learning how to want to eat a healthy diet

### Join us Friday, too!

Julie will have an  
introductory/mini-session

**Fri., Jan. 19<sup>th</sup> • 7- 9 pm • \$15**  
at the Health Medicine Center

(This event is free if you attend Saturday's workshop.)



### About Julie Motz

- Author of *Hands of Life*, which has been translated into four languages
- Pioneer in the effects of prenatal experience in later life
- Has been profiled on Dateline, CNN, The NY Times Magazine, Ladies' Home Journal
- Partnered with Mehmet Oz, MD doing research using energy medicine
- An outstanding teacher who has done workshops for the past 8 years

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