



# The Wellness Factor in the life of a lawyer

## Health Matters

Sponsored by The Delaware State Bar Association  
*Health, Nutrition, Stress, and Life Balance Coaching*

**Tuesday, March 9, 2010 • 4:00 p.m.**

Delaware State Bar Association  
301 N. Market Street • Wilmington, DE 19801

### Natural Approaches to Allergies

The return of Spring also marks the beginning of allergy season. Learn how to relieve allergies the natural way by understanding your body's natural response to allergens, creating a preventative plan for seasonal allergies, and learning about natural allergy prevention and remedies.

**Presented By: Rina Marks, Doctor of Natural Health  
Nutrition for Healing and Wellness  
Health Wellness Coaching  
Reiki Master**

*DSBA Members - no charge • Non-members - \$20.00*

**Tuesday, March 16, 2010 • 4:00 p.m.**

Delaware State Bar Association  
301 N. Market Street • Wilmington, DE 19801

### Creating Your Wellness Inventory

Yes, you can implement change in your life! You can eat healthier. You can move and exercise more. You can find additional time for fun. There are 12 life processes in the wellness model used by wellness pioneer, Dr. John W. Travis, the originator of the Wellness Inventory. Learn how to raise your wellness bar.

**Sponsored by Delaware State Bar Association and  
Delaware Lawyers Assistance Program  
Presented By: Carol P. Waldhauser, Executive Director  
and Wellness Inventory Coach**

*DSBA Members - no charge • Non-members - \$20.00*

### The Wellness Factor • March Program

*Registration form is due 5 days before each session (session dates below).*

SESSIONS:  Tuesday, March 9, 2010 Session at 4:00 p.m.     Members - NO CHARGE     Non-Members - \$20.00  
 Tuesday, March 16, 2010 Session at 4:00 p.m.     Members - NO CHARGE     Non-Members - \$20.00

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Register by phone with your MasterCard, VISA, Amex or Discover! Call (302) 658-5279, Monday - Friday, 9:00 a.m. - 4:00 p.m. Registration form also available on website: [www.dsba.org](http://www.dsba.org). For additional information, please call (302) 658-5279. Please return to: The Wellness Factor, Delaware State Bar Association, 301 N. Market Street, Wilmington, DE 19801 • FAX: (302) 658-5212