Midcoast Medicine & Wellness
Open House

EXPLORE....

How Lifestyle Medicine can work for you.

- Improve Energy
- Reduce Stress
- Weight Loss
- Improved Sleep
- Prevent Chronic Illness with non-drug treatment

MEET....

Our Providers and the following presenters to find out how they can help you reach your health goal:

- Deborah Peabody of Four Season Wellness
- Bonnie Longley of Life By Design Exercise and Fitness
- Maura Harvey – Integrative Nutrition
- Kim Snyder-Sterrs - Heart Centered Connection Institute
- Sarah Dwelley, RN – Energy Healing and Life Coaching

LEARN ABOUT....

- Acupuncture
- Nutrition – Food as Medicine
- Energy Healing
- Meditation
- Osteopathic Treatments
- Movement/Exercise

Saturday, October 21st
10:00am – 12:00pm – Mt. Battie Hike
12:00pm – 3:00 pm
5 Mountain Street, Camden
*Guests are welcome!
*RSVP: 236-2169 or practicemanager@midcoastmedicineandwellness.com

MIDCOAST MEDICINE AND WELLNESS
Mary Ashmore, D.O.  Susan Hage, D.O.
Doreen Kendall, D.O.  Katherine Killoran, M.D.

FOUR SEASONS WELLNESS
Deborah Peabody, M.D.