

# Midcoast Medicine & Wellness Open House



## EXPLORE....

How Lifestyle Medicine can work for you.

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

## 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

**Saturday, October 21<sup>st</sup>**

**10:00am – 12:00pm – Mt. Battie Hike**

**12:00pm – 3:00 pm**

5 Mountain Street, Camden

\*Guests are welcome!

\*RSVP: 236-2169 or

practicemanager@midcoastmedicine  
andwellness.com

## LEARN ABOUT....

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

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### 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.

