

# Get UnStressed & UnStuck (GUS): Practical, Simple and Effective Tools for You!

Have you been feeling stressed out? Are you tired of feeling trapped or stuck in your particular situation in your personal or professional life?

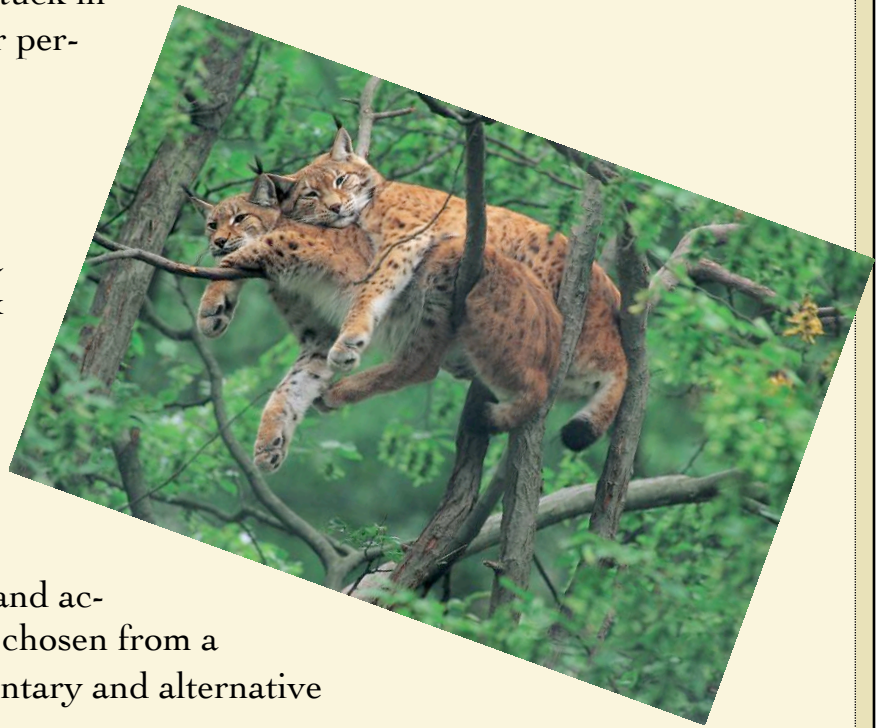
Then how about this:

Learn to take charge of your health and well-being through a no-nonsense and out-of-the-box approach. By Getting UnStressed & UnStuck (GUS), you can live your life more fully and in balance.

Variety is the spice of life!

Therefore, you will experience and acquire simple and practical tools chosen from a wide spectrum of the complementary and alternative health field.

The techniques are easy to learn and fun to integrate into your everyday life.



---

**When:** Saturday & Sunday, September 25 & 26, 2010, from 9:30 AM - 4:30 PM

**Where:** In Kitchener, ON  
You will receive the exact location upon registration

**Who:** Martina Steiger, ThD, visit [www.MartinaSteiger.com](http://www.MartinaSteiger.com) for more information

**Cost:** \$130/person + HST (total of \$146.90; pay by cheque or credit card as part of the registration (VISA or MasterCard); bring your own lunch

**Contact:** [Email](mailto:) me or call 519-742-4310 (Canadian number) or 202-657-6704 (US number; please leave a message). You can also contact me through Skype or Facebook.

Please note that the number of participants is limited to 8. So act now to secure your place by sending your payment as early as possible.