



Take Charge of your Breast Health

with Marilyn MacClellen

Wednesday, February 15, 6:30 PM - 8:30 PM

Please join Marilyn MacClellen with Image of Health, and "Be In The KNOW!"

- **KNOW** why a mammogram may not be enough to prevent breast cancer.
- **KNOW** how hormone imbalance effects your breast health.
- **KNOW** that Breast Cancer is PREVENTABLE.

Develop a strategy for minimizing your odds of developing this disease by basic life style changes and using Thermography.

Marilyn is a wealth of knowledge about women's health. She spends her life educating and empowering women to make good breast health decisions based on knowledge, not fear. You will learn about whole body health because we simply can't take care of our body parts in isolation. We will discuss topics such as how well is your thyroid working and how are you managing stress.

Learn about the adverse effects of radiation on our health. Marilyn has a Bachelor of Science degree in Nuclear Engineering and spent 18 years in nuclear power production focusing on the damaging effects of radiation to the public. She holds a Bachelors of Professional Health Sciences and continued on to complete her masters in Traditional Chinese Medicine and became a Certified Clinical Thermographer.

Marilyn founded Image of Health in 2004 and provides breast thermography, the latest technology for early detection. Learn more about this painless, proactive, radiation-free alternative to mammograms and how thermography is also used for detection of inflammation in others areas of the body.

THIS EVENT IS FREE. RESERVE YOUR SEAT NOW! Seating is limited. Call 757-655-3322. Donations to support the community efforts of Sattvic Space are greatly appreciated. There is an optional 6:30pm Appetizer Potluck and Tea. Bring your favorite healthy item. Talk begins at 7:00pm

For more information about Sattvic Space visit www.sattvicpaceyoga.com
Conveniently located 4 miles from the downtown tunnel

Please share this with someone you love ♥!

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sattvic space