



WHARTON HEALTH EXPERIENCE
RECOVERY • PERFORMANCE • LONGEVITY



Total Body Transformation



Join Bill Wharton, the coauthor of *The Wharton Health Series* and “the Book” in *Runner’s World*, for 2 transformative hours!

Experience complete relaxation and rejuvenation of body and mind
Learn the techniques of the world’s top athletes

Allow yourself to obtain optimum health and achieve your athletic potential

Friday, February 6th 2009 – 1 to 3 PM

Cost is \$50 - Registration required

Call (928) 773-0083 for reservations

Best Western Arroyo Roble Hotel and Creekside Villas

400 North Highway 89A, Sedona AZ 86336

www.whartonhealth.com
