

# Treat Yourself... To A Day of Holistic Health

*Sponsored by Saint Francis Hospital & Medical Center  
And The Connecticut Holistic Health Association*



**When:** *Saturday, April 26th*

**Time:** *Walk-ins welcome between 9 a.m. and 4 p.m.*

**Where:** *Saint Francis Hospital & Medical Center  
Gengras Auditorium, 1000 Asylum Street, Hartford, CT*

**Cost:** *FREE*

**For More Information:** *Call 1-877-903-7798*

**This event is an opportunity for you to gather valuable information on holistic health and integrative medicine .**  
Join us for informative presentations, educational booths and experiential activities including:

- ☯ Acupuncture, chiropractic, energy therapy, hypnotherapy, massage
- ☯ Complementary and alternative medical education and research
- ☯ Body-mind psychotherapy
- ☯ Traditional medicine (Ayurvedic, Chinese)
- ☯ Fitness and nutrition
- ☯ Holistic medicine (allopathic, homeopathic, naturopathic)
- ☯ Sound and vibrational healing
- ☯ Stress management (aromatherapy, relaxation, hypnosis, yoga)
- ☯ And so much more!