

Orchard Nutrition Center September 2017 Seminar

221 Locust Street, Redding (Upstairs)

530-244-9600

Attending the following free seminar will earn wellness incentive credit for plan year 2017.

Visit www.stsigjpa.com for an attendance verification form (on the wellness incentive page).

Submit the completed form to lgrant@stsig.org or fax to 221-6225.

**DR. JUNE STEVENS, ND
NOR CAL NATURAL MEDICINE**

**"Looking Beyond Thyroid....Addressing The
Thyroid-Adrenal Gland Connection"**

Wednesday, September 13, 2017

6:00 pm - 7:30 pm

Many people are suffering with fatigue, lack of energy, weight challenges, sleep disturbance and/or a loss for "zest" in life, yet are told their thyroid function is 'normal.' How frustrating!

The truth is the function of the adrenal glands and the amount of cortisol hormone produced by these glands also play a major role in regulating the body's energy level, blood sugar regulation and sleep patterns. Unfortunately, millions of people are suffering in silence...having no idea adrenal gland dysfunction may be the cause.

Join Dr. June Stevens as she takes you beyond thyroid and addresses the "thyroid - adrenal connection" and the impact it has on one's health and quality of life.

www.drjunestevens.com