

# Nature Cure Health and Wellness Workshop

- ☞ Learn how to optimize the function of every organ system on a daily basis.
- ☞ Discover why it is so important to open up the 5 main routes of elimination.
- ☞ Understand the processes of achieving *lifelong optimal health and wellness*.

Come immerse yourself in 460 acres of nature including hiking, bonfires, gentle yoga, meditation, massage, and healing music,\* and join Dr. Rhondalynn Smith Brustoski, ND in this informative workshop. You will gain a vast amount of information about Naturopathic Medicine, as well as an Educational Binder full of over 30 handouts to take with you to help you get started right away! Her goal is that you leave with a clear understanding of how to create natural healthy living everyday.

*You do not want to miss this opportunity to learn why an investment in your health and wellness is critical in our future development of generations to come. The transformation is now as our earth, children, families and communities need it.*

\*Joni Harter, Yoga & Meditation Instructor  
Andy Bania, LMT  
Jody Soland, Singer & Songwriter [www.jodysoland.com](http://www.jodysoland.com)



## About Dr. Brustoski

Dr. Smith Brustoski, ND earned her Doctorate in Naturopathic Medicine at Bastyr University, the nation's premier academic institution for science-based natural medicine located in Seattle, Washington, and is the largest one of five accredited Naturopathic Medical Schools in the US. She is a contributing author of the *Foundations of Naturopathic Medicine Textbook*. Her desire at her practice, Nature Cure Health and Wellness in Chagrin Falls, Ohio, is to transform the paradigm of medicine to offer a preventive and curative approach to health care which includes one's entire being - mentally, emotionally, physically and spiritually. She grew up in northeast Ohio and is excited to be back to provide natural medicine to the community and beyond.

You can contact Dr. Smith Brustoski, ND at 440.247.4507 or email [info@naturecurehealthandwellness.com](mailto:info@naturecurehealthandwellness.com) or visit [www.naturecurehealthandwellness.com](http://www.naturecurehealthandwellness.com)

## September 28, 29 & 30, 2012

**Registration** (which includes the workshop, meals, and 2-nights stay) begins at 1:00 pm on Friday, September 28 at a Lodge in Hiram, Ohio.

### The workshop times:

Friday starting at 1:00 p.m.  
Saturday all day  
Sunday 9:00 a.m. to 3:00 p.m.

**The fee\*** for the workshop is \$395.

To reserve your space, send \$100 deposit now.

Cancellations received by September 1 will get a full refund. After September 1 there will be a \$25 processing fee.

\*Workshop fee includes room for 2 nights and six hot meals (vegetarian & non-vegetarian).

Items will be for sale for your health needs.

**For further information**, kindly call Lauren at 216-272-8438 or e-mail [lauren@therockgirls.com](mailto:lauren@therockgirls.com) to reserve a space in the workshop.

Please mail a check (payable to The Rock Girls Inc):  
The Rock Girls Inc.  
P.O. Box 24455  
Cleveland, OH 44124

Once paid in full you will receive information on your stay at the Lodge in Hiram, Ohio.

*Seating is limited -  
sign up today!*

*The natural healing force within each one of us is the greatest force in getting well.*

*Hippocrates 460-377BC*