

*Are You Stuck?*  
*Overcome the Obstacles Preventing You and Your  
Family from Achieving Optimal Health!*

**Topics we will be discussing:**

Where are you stuck? \* What's holding you back? \* How to take charge of your health \* Importance of Detox \* Eating Right \* Lose Weight \* Manage Stress \* Increase Energy \* Feel better \* Decrease reliance on prescription medications

*Let's get you moving forward toward better health!*

**When:**

Saturday June 8<sup>th</sup> 9am-12pm

**Where:**

Grace Avenue UMC  
Tom Graves Hall - off Main Sanctuary  
3521 Main Street Frisco, TX

*Your Take Charge Speaking Team*

**Dr. Deborah Z. Bain, M.D., FAAP, ABIHM**  
Healthy Kids Pediatrics/Holistic Integrative Pediatrician

**Dr Matt Chalmers, D.C.**  
Chalmers Wellness/Chiropractor

**Taylor Cunningham, CHHC, AADP**  
Healthy Eden/Holistic Health Coach

*Other Special Guests*

*Kopec Naturals \* Saladmaster \* Beyond Organic \* Nappy Shoppe*