

**Embracing Change, Inc.**  
*Counseling, Life Coaching & Ceremony*  
 Holly Stratton Schmitt  
 Washington Healing Arts Center  
 426 E. 5<sup>th</sup> St. Washington, MO 63090  
 636-239-1117

Need to talk....  
 We Are Here to  
 Listen.

Located inside Washington  
 Healing Arts

*Visit either one of  
 our Root Diggin'  
 stores to see a  
 Reverse Osmosis  
 system and for  
 more water  
 treatment  
 information.*



Delivered right to  
 your door!  
 Pay for monthly!

## T'ai Chi Class

Anna Lum from St. Louis is coming out to offer a 6-week class at Washington Healing Arts Center, Saturdays April 10-May 22-from 11am to Noon. Cost is \$75.00 and must be pre-paid to reserve a spot. Call 636-239-1119 for more information.

## FREE Water Testing!

Stop by either of our locations and pickup a bottle to use for your free water test. Schaefer Water will test your water for free and call you with the results. Don't assume your water is pure, find out for



Quit Smoking . Eliminate Bad Habits  
 Manage Stress . Fears . Pain . Weight

## Hypnosis

Joan Nolting, CH EFT Practitioner  
 636-239-7655 [www.NoltingHypnosis.com](http://www.NoltingHypnosis.com)

Does your supplement bottle  
 have a nutrition label.  
 This one does-it means it is  
 classified as food!



## March Special

**Ear Candling**  
 \$10.00 off

Good month of March 2010 only, good at both locations.  
 Cannot be combined with any other offer or coupon.



## March Special

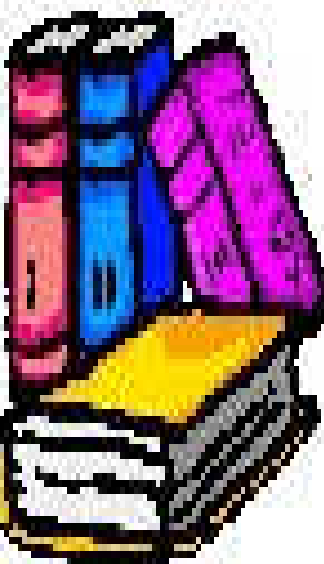
**Ion Foot Cleanse**  
 Buy 3-Get one FREE!

Must purchase all 3 in March 2010  
 You have 3 months to have Ions performed  
 Cannot be combined with any other offer or coupon.

## Coming Soon!



All natural, organic, herb based skin and  
 body care items and essential oils..



**Earn free product!**

**Make Your Life  
 Easier and Less  
 Stressful**

## Whole House Filtration & Softening System

Your local water improvement store.  
 2328 S. Service Rd  
 Union (I 44 & AH)  
 636-629-5529  
 Toll Free 1-800-763-6166  
[www.schaeferwater.com](http://www.schaeferwater.com)  
 Email me: [kmoore@schaeferwater.com](mailto:kmoore@schaeferwater.com)

**FREE  
 WATER TEST**

## March Special

**Book Sale!**  
 Regular  
 Priced Books  
 15% off  
 Orange Tag  
 Books  
 Priced as  
 marked  
 Clearance books  
 Starting at 25  
 cents