

# Awareness Series

How to Integrate  
Mind  
Body  
Soul  
for Health

Monday

December 8, 2003

5:30 P.M. — 6:30 P.M.

Location: MultiCare Campus

Call for specific location

(253) 272-4013

New email: [dean@nwcwb.com](mailto:dean@nwcwb.com)

- Understand the concept of balance.
- Learn how to achieve balance.
- Recognize imbalance in physiology.



Free Class

Facilitated by:  
William Dean, M.D.

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