



*Awareness Series*

*Technology*

*of*

*Meditation*

*Free Class*

*Facilitated by:*

***William Dean, M.D.***

*314 Martin L. King Jr. Way, Suite 103*

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*Thursday*

*February 6, 2003*

*5:30 p.m. — 7:00 p.m.*

*Location: MultiCare Campus*

*Call for specific location (253) 272-4013*

- ***Learn how to get personal responsibility for your own health and wellness.***
- ***Understand what tools are used to create more creativity, energy, enthusiasm, spontaneous right choices.***
- ***Learn why awareness is so fundamental to health.***