



Girls Night Out



**INS & OUTS FOR HAPPY BREASTS:
GAINING AN UNDERSTANDING OF YOUR BREASTS**

PRESENTERS

DR. DEBRA MUTH

ND, WHNP, APNP, BAAHP
from Serenity Health Care

AMY BEYER

LAT, LMT
from Natural Balance Therapy

KRISTIN SCHWENGEL

LMT
from Natural Balance Therapy

KAYLA GIORNO

Thermographer Technician
from Serenity Health Care

Get a **group of girls together**, as Serenity Health Care Center and Natural Balance Therapy provide an educational evening to learn about breast health. **Are you someone that has had repeat mammograms or received breast biopsies?** Are you wondering what **alternative** you have to traditional breast health? Join us for our annual *Ins & Outs for Happy Breasts* event.

OBJECTIVES

- Environmental factors that contribute to the disease
- Tips for healthy breasts
- Lymphatic connections to breast health
- Impact of soft tissue restrictions and the breasts
- Mammography vs thermography

FREE!
GIFT BAGS FULL
OF GOODIES
FOR ALL
PARTICIPANTS!

DATE/TIME: Wednesday, September 18, 2019 | 6:30pm - 8:00pm

LOCATION: MD Custom Rx, 19035 W Capitol Dr #105 Brookfield, WI 53045

COST: FREE

RSVP REQUIRED: Call (262) 373-1050 to reserve your spot today.

www.serenityhealthcarecenter.com

www.naturalbalancetherapy.com