

# COMPLIMENTARY WELLNESS WORKSHOP



*Dr. Zunaid Kagdi D.C.*

**Come hear Dr Kagdi speak on how to tap into your body's incredible healing power and achieve true wellness. Dr. Kagdi will be available to do a postural and computerized neurological scan of your spine to determine any problem areas.**

## Discover the Secrets:

- Freedom from **Headaches** and **Neck Pain**
- Prevention of **Menstrual Cramps** and **Low Back Pain**
- How **Meditation** Sets Focus and Drive for a **Stress-Free Day**
- Essentials to **Boost Your Immune System** by 200%
- How 3-10 Minutes of **Exercise** Can **Kick-Start Your Day**
- The Secrets to **Optimal Health and Healing**

## Companies Where Dr. Kagdi Has Done Workshops:

- 1) Sunlife Financial (Markham, ON)
- 2) TigerDirect (Richmond Hill, ON)
- 3) Bassett Direct (Richmond Hill, ON)



**Presented by: Dr. Zunaid Kagdi D.C.**  
In partnership with  
**Markham Federation of Filipino Canadians**

**When: March 23, 2013 from 1—3 PM**

**Where: MFFC Centre**

**1151 Denison Street Unit 10 and 11  
Markham, ON**

**(Refreshments will be served)**

**Call 905 294-9350 to register**

