

NEWS RELEASE

FOR IMMEDIATE RELEASE

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March Health Awareness Seminar: Is Stress Killing You?

Join Dr. Pam Tomaszycski on her mission to educate others about health and wellness on Thursday, March 12 at Life Smart Foods in Utica as she gives her March Health Awareness Seminar entitled “How To Stop Stress from Killing You.”

Tomaszycski will take guests through the importance of stress management while exploring how stress shows up differently in each individual’s life. Individuals with health problems, relationship issues or anxiety disorders will find alternative answers to discovering the damaging effects of stress.

Growing up in Macomb County, Tomaszycski is a mother of two and teaches regular health seminars throughout the community, guiding families in their journey to improving their quality of life.

“My goal is to encourage families and individuals to continue learning more about wellness care until they’ve reached their own health goals,” said Tomaszycski.

Tomaszycski has been practicing chiropractic care for eight years in the Clinton Township area where she owned Chiropractic First Family Wellness Center and The Health Energy Movement, and recently joined Health 1st Chiropractic in Sterling Heights.

How To Stop Stress From Killing You will be held from 7-8 p.m. on Thursday, March 12. Reservations are encouraged as seating is limited. All guests will receive a complimentary gift.

Health 1st Chiropractic is located at 14445 E. 15 Mile Road in Sterling Heights. For more information on the March Health Awareness Seminar, contact Dr. Tomaszycski at (586) 268-6868 or email thehealthmovement@comcast.net.

Life Smart Foods is a locally owned Natural and Organic Market and Deli committed to serving the community through products and services. Life Smart Foods is located at 45200 Northpointe Blvd in Utica. For more information on products and recommended practitioners, visit www.lifsmartfoods.com.

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