



# THE ROAD TO LONGEVITY

PRESENTED BY VALERIE COOKSLEY



## Preventing Chronic Disease Through Foundations of Health

*"You are the dynamic architect of your body and the grand creator  
of your life and future. Choose Well. Choose wellness."*

— VALERIE COOKSLEY

An empowering two-day workshop/retreat with Holistic Nurse Aromatherapist and best-selling author, Valerie Cooksley, RN, OCN, FAAIM. Ms. Cooksley is Founder of Flora Medica and Director of the Institute of Integrative Aromatherapy, Houston, Texas. She will be presenting essential information in a lively and comprehensive style while exploring what's beneath the tip of the 'chronic disease' iceberg and how stress, the environment, diet and psycho-emotional states play key roles in the degenerative process.

For details and to reserve your place, please visit [sacredtree.com](http://sacredtree.com).

AUGUST 22ND ~ AUGUST 23RD  
Breckenridge, Colorado



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