



# ACUPUNCTURE

FIND YOUR BALANCE WITH "HARMONY, HEALTH, & HEALING"

**DR. BRENDA YANOFSKY**

Acupuncture Physician  
Educator & Psychologist

*"Balance Your Life"*

**JOIN US AT THE  
INSTITUTE FOR ADVANCED MEDICINE  
5880 Rand Blvd • Sarasota • Florida  
(Half mile West of I-75 off Clark Road)**

**MARK YOUR 2010 CALENDAR TODAY & LEARN WITH DR. BRENDA  
FIRST WEDNESDAY OF THE MONTH  
9:30am – 11:00a**

**Free Community Program - No Reservations Necessary**

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|---------------|---|
| • JANUARY 6   | New Year Resolutions: Twelve Health Solutions for 2010                  |
| • FEBRUARY 3  | Mind Over Matter: The Mind Body Spirit Connection                       |
| • MARCH 3     | Disease Management: Combining East & West Medical Solutions             |
| • APRIL 7     | Digestion and Food Management: From Beginning to End                    |
| • MAY 5       | Go With the Flow: Meridian Pathways and the Movement of Qi              |
| • JUNE 2      | Pain Management: The Integration of Acupuncture and Self-Help Tools     |
| • JULY 7      | The Immune System: Your Body's Guardian Angel for Graceful Aging        |
| • AUGUST 4    | Finding The Best Treatment: The Traditional Chinese Medicine Evaluation |
| • SEPTEMBER 1 | Ear Acupuncture: Addiction Treatments for Weight, Drugs, & Smoking      |
| • OCTOBER 6   | Anti-Aging & Acupuncture: From Cellular Health to Facial Rejuvenation   |
| • NOVEMBER 3  | Stress Management: The Cortisol Connection and Understanding PH         |
| • DECEMBER 11 | Balance Your Life: Creating Your Personal Health Plan for 2011          |

**EXPERIENCE THE JOY OF ACUPUNCTURE WITH DR. BRENDA  
First Wednesday of Every Month  
11:00am – 12:00pm**

***"ACUPUNCTURE HAPPY HOUR"***

**\$20 Treatment Fee**

**For more information please contact:  
DR. BRENDA YANOFSKY 941-955-1220  
[www.DoctorBrenda.com](http://www.DoctorBrenda.com)**