

HOW TO MASTER STRESS AND FULFILL YOUR LIFE

*Serving
Your
Health
Needs
Naturally*

*Dr. Steve Ventola
Wellness Chiropractor
and
Health Educator*

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*For Information or to
Schedule a Presentation
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YOUR AUDIENCE WILL LEARN...

How to be happier,
healthier and more
productive in chal-
lenging environments

Health essentials to
maximize energy and
minimize stress

A simple yet pro-
found key to master-
ing stress



Dr. Steve Ventola, B.S., D.C. is a leading expert in health and wellness, In addition to practicing in the Atlanta area he speaks regularly to help people make positive changes in their life. His enlivening presentations are filled with invigorating easy to use strategies.

“Our Adopt-A-Grandparent Program Seniors responded with amazing interest as Dr. Steve Ventola presented excellent tools for living healthier lives.”

Linda Langstraat, Director of Adopt-A-Grandparent Program

“Your presentations to my Psychology classes have been of extraordinary value. I am very grateful for your time and effort and the enrichment it brought the students.”

Linda Love, Psychology Instructor at Lanier Technical Institute

“The physical, emotional and mental aspects of Dr. Ventola’s seminar gave the students a wealth of information that will empower them for the rest of their lives.”

Coach Calvi, Holcomb Bridge Middle School Educator