

Beat the Winter Blues, Renew Spiritual Fitness with Dr. Nancy

Get 20% off Dr. Nancy's book **Spiritual Fitness**



Spiritual Fitness is a guidebook for anyone who is willing to incorporate spirituality into their health practice. It is a workbook full of exercises to create the highest levels of mind, body and spirit health by relying on mind/body/spirit practices for health. Use the discount code "SPF" at checkout to get this book for 20% off!

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Dr. Nancy on KDKA-TV

This Thursday, January 22 at 9:00 am on KDKA-TV, tune in to **Pittsburgh Today Live**, where Dr. Nancy and [Table Magazine's](#) Christina French will offer up tips for beating the winter blues with food!



If you miss Dr. Nancy's appearance, it will be posted to KDKA's video archive shortly after airing. A complete list of Dr. Nancy's appearances can be found at [KDKA's web site](#).

Also be sure to read Dr. Nancy's article **Our Relationship with Food**. Food is life - or at least one of the biggest parts of it. The idea of food rolls around at least three times a day for most of us, whether we are finding lunch during a workday, planning dinner for a family or figuring out what to eat when we get done with our daily workout.

[\[Read Entire Article\]](#)

Join Dr. Nancy to Renew Your Spiritual Fitness

Renew your Spiritual Fitness with new and in-depth information on medication, laws of attraction, and personal empowerment.



When: March 10, 17, 24, and 31, 2009.

Where: [La Roche College](#), Kearn Spirituality Center

More Info: Contact Joan Coultas at 412-366-1124

New E-Zine

Join Dr. Nancy beginning in March 2009 for her quarterly E-zine for expert advice, links to experts and up-to-date health tips, mind, body and spirit. Visit Dr. Nancy's web site www.DrNancyOnline.com for more information.



Sincerely,

Dr. Nancy Mramor
Dr. Nancy Mramor / Transformedia
<http://www.drnancyonline.com>

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