

Issues For Your Tissues

“A TouchStone Path to Self-Health”

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SUMMER 2007

- **Month of May is Osteoporosis Awareness Month.** 50% of women 50 years and older suffer from bone loss, and 25% men are affected.
- **Strength training significantly helps in the prevention of bone loss.**
- **Self-Health**
- **Self-Awareness**
- **Self-esteem**
- **Self-responsibility**

Get Fit with SF Weight Room Orientation Seminars

Sign up Now!

Personal Training Experts Nancy Brigham, Cecelia Joyce and Peggy Walton are hosting a three-part complimentary weight room orientation seminar series for women 18 years and older on Sunday, July 29th, August 12th and August 26th, 2007 from 2:30 pm-4:00 p.m. at San Francisco's Castro Gold's Gym, 2301 Market St. Highlights include familiarizing participants on resistance training, proper equipment usage, techniques, and self-health tips for injury prevention, nutrition and optimum health. The goal is to encourage women to integrate strength training with cardio and fitness classes to boost their metabolic rate and enhance their tone. Please call San Francisco Gold's Gym at (415) 626-4488 to make a reservation for any of the seminars.



*Gold Medalist Nancy Brigham
2006 Montreal Canada
(Age: 49 years old)*

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Issues For Your Tissues is a quarterly newsletter designed to meet the needs of aging baby boomers and people who want to learn self-health information and techniques that will effectively enhance their well-being. Visit www.nancysway.com for more information on self-health and wellness.

Nancy in the News

Check out coverage on Nancy in the July 2007 issue of Out-Now Magazine.

Upcoming Events

Weight Room Orientation Seminars at Castro Gold's Gym
2301 Market St. San Francisco,
Sunday, July 29, 2:30-4 p.m.
Sunday, August 12, 2:30-4 p.m.
Sunday, August 26, 2:30-4 p.m.

Nancy's Way

By Nancy Brigham, founder

Nancy's Way a TouchStone Path to Self-Health touches, moves, and inspires people to pursue a more balanced, healthy and pain-free lifestyle. Nancy remains a catalyst to these goals by teaching people how to be self-responsible, self-healing, self-healthy and self-aware.

Nancy couples her work with on-site seminars with her Web site, which serves as a "toolbox" that blends resources for innovative self-help programs on fitness, health, and nutrition — especially for aging Baby Boomers and women.

Nancy includes the words, "touch" in her company name because she has been practicing massage therapy for 20 years, and "stone" because of its

strength, solidarity and the ripple effect a stone has when tossed into a calm body of water. Her vision is to create a 'ripple effect' of fitness, health and wellness that touches the world.

“Touch, move and inspire others towards self-health.”