



# **RAW-habilitation™**

***A Proven System of Health & Healing***

**Presenter:** Dr. Samuel A. Mielcarski, DPT

**Date:** Saturday, March 27th, 2010

**Time:** 1:00-3:00 pm Workshop / 4:00-8:00 pm Private Consultations / Integrative Bodywork

**Location:** Abundance Wellness Center (325 John Knox Rd. Bldg T, Suite 1), Tallahassee, FL 32303 / [web: www.awc-tallahassee.com](http://www.awc-tallahassee.com)

**Cost:** \$20 for Workshop (additional costs for Private Consultations / Integrative Bodywork)  
Please RSVP early. Space is limited.

**Contact info:** email: DrSamPT @ gmail.com / phone: 404-271-9997/ web: [www.DrSamPT.com](http://www.DrSamPT.com)

**\*FUN\***

**\*EMPOWERING\***

**\*EDUCATIONAL\***

Learn the *true* secrets to having more energy, preventing disease, staying fit and beautiful, and feeling good throughout your lifetime. Join Dr. SAM as he presents an in-depth, thought-provoking discussion on a proven system of health and healing called: “Raw-habilitation™.” You won’t want to miss this event!

Here are just some of the topics that will be addressed:

- Avoiding the biggest mistakes people make when trying to *improve* health.
- Achieving your *ideal* weight: This one 'secret' changes everything!
- An *EASY* method to find & fix health issues safely, quickly & cheaply.
- An “alternative health model”-- It’s not what you might think.
- How to avoid information overload while transforming your health.
- “Raw Foodism”-- Strategies that work!
- Exercise: What hurts? vs. What helps?
- Discussions on inflammation, cancer, high cholesterol & chronic diseases.
- And MUCH MORE...

Dr. Samuel A. Mielcarski, DPT, is a speaker, author and health consultant specializing in rehabilitation and health transformation. Samuel has a doctoral degree in physical therapy with over 14 years of clinical experience. He has been a raw foodist for the past 11 years. Samuel has helped hundreds of people of all ages from around the world overcome their health challenges. He is the creator of the “[Revolutionary Rehab Manual](http://RevolutionaryRehab.com)”(RevolutionaryRehab.com), as well as a unique system of health and healing called: [Raw-habilitation™](http://Raw-habilitation.com). (RAWhabilitation.com). Samuel is said to have ‘healing hands,’ a kind heart, and an amazing intuitive sense. His passion for healthy living combined with his sense of humor and practical advice make him a highly sought-after health and healing facilitator. For more info about Dr. SAM: [www.DrSamPT.com](http://www.DrSamPT.com)