

# An Introduction to Holistic Pre-Conception Planning



- Featuring
- ◆ The Basic Principles of Holistic Medicine
  - ◆ The Fundamentals of a Health
  - ◆ 10 Tips for Pregnancy Preparation

**KEITH BELL, LICENSED ACUPUNCTURIST**

*As more and more couples struggle to conceive, the evening news reports almost daily on the high cost of infertility treatments. For many of us, it has become all too clear that conceiving a child isn't as simple as we once thought. Now, more than ever, we understand that planning and preparing is necessary to conceive a child. But how? Where do you start?*



*For over a decade Keith Bell has been successfully helped women and their partners conceive and maintain healthy pregnancies. Now you can benefit from his wealth of knowledge and experience. In this workshop Keith will introduce the foundational principles of his Conscious Conceptions program. He'll explain the basics of preconception planning and you'll learn the benefits of a holistic approach that combines the ancient principles of Asian medical systems with modern biology, genetics and neuroscience. Learn how all this can prepare you for a healthy conception and pregnancy experience.*

## 2 Dates

Monday, May 24, 2010  
Monday, June 21, 2010

## Times

6:30 - 8:30pm \*both dates

## Location

5700 W. Grace Street  
Suite, 106  
Richmond, VA 23226

\* In the office of Keith Bell, L.Ac.  
One block from the intersection of  
Monument & Libbie Ave, behind  
Monument Heights Baptist Church.  
In the white brick office complex.

## For More Information

Ph. 804-358-7071

Email: info@omspc.com

### About Keith Bell, Licensed Acupuncturist

A native Virginian, Keith is a nationally recognized expert in Holistic Health who has studied & practiced the healing arts for over 20 years. Keith founded Richmond's first clinic offering traditional & classical Chinese medicine: Oriental Medicine Specialists, P.C. In 2005 he created Conscious Conceptions to expand his work with women & their partners trying to conceive & maintain healthy pregnancies.



## REGISTRATION FORM

### Space is limited. Pre-registration is encouraged.

One person per registration form. Register by...

Ph: **804-358-7071** ~ Fax: **804-358-7073**

Mail: *Conscious Conceptions Intro Class,*  
5700 W Grace St, Ste 106,  
Richmond, VA 23226

#### ~Important Notices~

Refunds must be requested in writing. Refunds, minus \$5 processing fee, will only be given for requests received 5 business days prior to the workshop. "An Introduction to Holistic Pre-Conception Planning" is an educational event, presented by Conscious Conceptions (a trade name of Oriental Medicine Specialists, P.C.) & does not replace regular medical exams or treatment & is not intended to provide medical advice.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### Sign up for:

- |  |               |
|--|---------------|
| <input type="checkbox"/> Monday, May 24, 2010: 6:30 - 8:30pm | Price \$25.00 |
| <input type="checkbox"/> Monday, June 21, 2010: 6:30-8:30pm  | \$25.00       |

### Method of Payment

- |                                |                                     |
|--------------------------------|-------------------------------------|
| <input type="checkbox"/> Check | <input type="checkbox"/> MasterCard |
| <input type="checkbox"/> Visa  | <input type="checkbox"/> Discover   |

Total: \_\_\_\_\_

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Signature \_\_\_\_\_