

Lyme Disease in North Carolina - What You Need To Know

*Nationally known author
Katina Makris to speak on her
10-year bout with Lyme Disease*

Author of *Out of the Woods, Healing from Lyme Disease and other Chronic Illness - Body, Mind and Spirit*, Makris will present start-

ling information you need to know about overcoming Lyme and other devastating diseases. Plan now to attend and hear an introduction to the powerful story of how this natural health care educator overcame Lyme Disease by combining the best of Western and Complimentary Alternative Medicine. A Question and Answer Session and Book Signing will follow.

Learn more at www.OutOfTheWoodsBook.com



Katina Makris

*Sunday April 7
from 1:00 to 4:00pm
American Institute of Health Care
Fitness Building Conference Center
8300 Health Park
Raleigh, NC 27615
Admission is Free
Donations Accepted For Refreshments*



*Monday, April 8
from 6:30 to 8:30pm
Christ United Methodist Church
800 Market Street
Chapel Hill, NC 27516
Admission: Suggested Love
Offering of \$5.00
(No one will be turned away
who cannot pay)*

Sponsored by the North Carolina
Lyme Disease Foundation
(www.nclyme.net)

Out of the Woods

HEALING FROM
LYME DISEASE AND
OTHER CHRONIC ILLNESS—
BODY, MIND & SPIRIT

Katina I. Makris, CCH, CIH

Best Books
Award
FINALIST!
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