

Learn about...

- simple lifestyle modifications
  - practices for releasing stuck energy and emotions in digestive track
- embracing the Autumn Equinox to support your health during this season
  - and much, much MORE



"To love oneself is the beginning of a life long romance." Oscar Wilde



Coach2Edify

An Oasis for  
Transformational Fitness

Woodland Hills, CA

...presents

## DIGESTIVE HEALTH 101

A morning dedicated to the health, vibrancy, endurance, and vitality of the digestive system.

Saturday, Sept. 20

10:30 am - 12:30 pm

Followed by FREE sampling and presentation of a life changing nutrition product that supplies the body with what it needs to be healthy.

Pre Pay: \$25

Same Day: \$30

RSVP Required due to limited space. Please contact Dr. Kalec:  
gentlechiro@hotmail.com  
818-577-3536

Thank you!  
(address will be sent with RSVP Confirmation)