

Learn about...

- ~ warning signs of heart conditions*
- ~ simple lifestyle modifications*
- ~ practices for releasing stuck energy and emotions in the heart*



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



Coach2Edify
An Oasis for
Transformational Fitness
Woodland Hills, CA

presents

HEART HEALTH 101

An afternoon dedicated to the health, vibrancy, endurance, and vitality of the heart in body, mind, and spirit.

Saturday, July 26
3:00 - 6:30 pm
Pre-Paid: \$25
Same Day Pay: \$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)