## Dr. Janice Kalec

## HEART HEALTH 101

Learn about ...

"warning signs of heart conditions

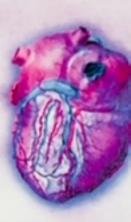
"simple lifestyle modifications

"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

WoodlandHills CA

**DIRECTORS** 

## 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 wil be sent with RSVP Confirmation)