

Dr. Janice Kalec

KIDNEY & BLADDER HEALTH 101

Learn about...

- Simple practices to boost Kidney and Bladder Health
- A gentle Taoist practice to release the emotions of fear
- Tips for restful restorative sleep
- Foods and herbs beneficial for Kidney and Bladder Health....and MORE!!



Coach2Edify

An Oasis for
Transformational Fitness

Woodland Hills, CA

presents

KIDNEY & BLADDER HEALTH 101

A morning dedicated to the health, vibrancy, endurance, and vitality of the body systems associated with winter.

Saturday, Jan. 31st.
10:00 am - 12:30 pm
Pre Pay: \$25
Same Day: \$30

RSVP Required: Address given with
RSVP confirmation.. Contact Dr. Kalec:
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