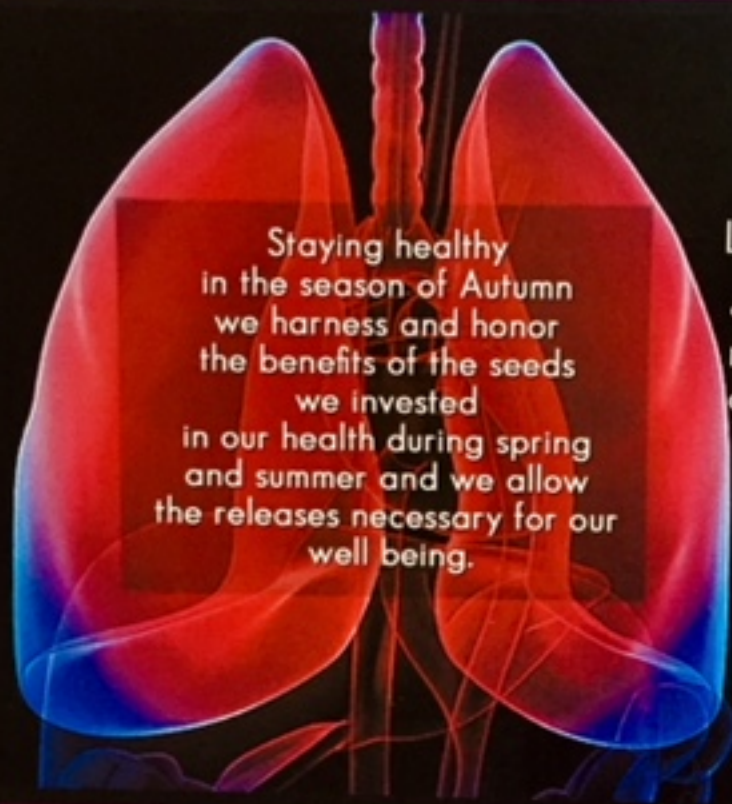


Dr. Janice Kalec

RESPIRATORY & ELIMINATION HEALTH 101



Staying healthy
in the season of Autumn
we harness and honor
the benefits of the seeds
we invested
in our health during spring
and summer and we allow
the releases necessary for our
well being.

Learn about...

- Simple practices to boost Lung and Large Intestine Health
- A gentle Taoist practice to release the emotions of sadness, grief, sorrow and depression
- Proactive procedures to prevent colds, flu and respiratory illness
- Foods and herbs beneficial for Lung and Large Intestine Health.....and MORE!!



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 respiratory & elimination systems.

Saturday, Nov. 1st.
10:30 am - 12:30 pm
Pre Pay: \$25
Same Day: \$30

12:45 pm - 2:00 pm
FREE & Everyone Welcome
Sampling, followed by presentation of
a nutrition product that changes lives
and lab values.

RSVP Required: Address given with
RSVP confirmation.. Contact Dr. Kalec:
gentlechiro@hotmail.com
818-577-3536
www.gentlecaredc.com
www.lifesynergysurge.zealforlife.com