

Beverly Coleman's

WELLNESS SERVICES

www.beverlycoleman.com

presents

A MINI WELLNESS AND SELF-CARE WORKSHOP

HEART -- CIRCULATION - BLOOD PRESSURE

Saturday, August 28th
10:00 a.m. to 2:00 p.m.

For only \$50 you will experience *(various specialists)*

- Qi Gong for the heart and BP
- Herbs and foods (served!) for the heart
- Self-Massage for the heart and BP
- Emergency CPR and massage points
- How to use EFT to manage stress
- How your thoughts affect your heart and BP
- How your relationships affect your heart and BP

(Register NOW -- limited to 12 participants)

FOR INFORMATION, REGISTRATION & LOCATION

Call Beverly at 928 204-9233

email welness@beverlycoleman.com

or register and pay online using your credit card at

www.beverlycoleman.com/retreats