

THE WELLNESS, SELF-CARE AND INTEGRATIVE MEDICAL CARE OF HEART -- CIRCULATION - BLOOD PRESSURE



Beverly Coleman, MPH, L.Ac
trusted leader of wellness and self-care
www.beverlycoleman.com



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Choices Integrative Healthcare of Sedona
2935 Southwest Drive, Sedona, AZ 86336
Phone 928 203 4844
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Will help you better understand

- About the heart and circulation
- What disrupts the heart functions
- How you can prevent these disruptions

YOU

“Understanding and managing
your risks for high blood pressure,
heart and other arterial disease”

ENROLL

in a follow-up 4 hour workshop
See back of this flyer for details

THE DOCTOR IS IN

Dr. Mikles will answer your questions

Thursday, August 26th • 5:45 to 7:15 pm
The Sedona Community Center
2615 Melody Lane, Sedona, AZ 86336

To Pre-register email wellness@sedona.com or call Beverly at 928-204-9233
or go online and register using your credit card
www.beverlycoleman.com/retreats

Pre-registration \$25
Registration at door \$30

Books and Herbal Heart Tonic will be available to purchase

Heart Healthy Herbal tea and Snacks will be available