

NEW SISTAH

MIND BODY AND SPIRIT

“FREE”

HEALTH AND WELLNESS SEMINAR

Saturday February 2, 2013

2-6 P.M.

HOLLYWOOD LODGE

78 Coolidge Avenue, Amityville N.Y. 11701

If this is the year you have decided to become the best you can be, transitioning to a healthier person in 2013, then this seminar is for you.

End the sickness, dieting and obesity through lifestyle changes .

Become a part of a movement designed to save your life and the lives of your family .

Learn how to end the health disparities affecting most African American Family's through proper diet, nutrition and movement. Let's not just talk about it, lets be about it.

FACILITATORS :

*Mary E. Davis, N.C. C.C.H.T., Raw Food Detoxification Specialist
The benefit of detoxing the body with live and living foods*

*Minister Fran Belle, Independent Wellness Consultant
Foods that kill*

*Tracy Fonville, H.C. A.A.D.P. Holistic Health Coach
Yoga And You*

*Tonya Taylor
Independent Group Fitness Instructor, (zumba specialist)
Expression thru Movement*

Information and Registration : 631-575-8072

Please register in advance seating is limited.

Light refreshments will be served

631-575-8072

WHEN WE HEAL A SISTAH, WE HEAL A COMMUNITY