

# Wellness Workshops Series for Seniors

Provided by Foundation for Wellness Professional

The program is **FREE** but reservation is required at **305.792.1706**.

DAYS	Mondays
DATES	June 28, July 26, August 23
TIME	11:00 am - 12:00 pm
FEE	Free, but Reservation is required
LOCATION	Note: different locations
<u>June 28 &amp; July 26:</u>	SIB Government Center First Floor Meeting Room 18070 Collins Avenue
<u>August 23:</u>	Pelican Community Park 18115 North Bay Road

Topics for Discussion:

**June 28 - GOLDEN KEYS TO GOLDEN YEARS**

**July 26 - NATURAL SOLUTIONS TO DIGESTIVE PROBLEMS**

**August 23 - HAVING UNEXPLAINED PAINS AND FATIGUE?**



## TOPICS FOR DISCUSSION

### June 28 - Golden Keys to Golden Years

Feeling limited physically, due to pain or unable to move the way you want to? Come and find how simple exercises and nutritional changes can benefit your daily activities. Learn how the interference of energy may be an answer or an aid to decreasing stiffness and even pain.

### July 26 - Natural Solutions to Digestive Problems

Due to the stressful world we live in, Digestive Disorders are extremely common, and simple suggestions may make a difference.

### August 23 - Having Unexplained Pains & Fatigue?

Find out with a simple 10-minute test if your unexplained pains can decrease from 25% to 60%. When the energy is not flowing in the appropriate way, the interference can explain a lot of unexplained symptoms.



Cultural & Human Services  
CITY OF SUNNY ISLES BEACH

For more information about this event, please call the Cultural & Human Services Department at **305.792.1706**