

# ENLIGHTENED HEALTH

*Key Insights to Achieve  
and Maintain Vibrant Health*



## Lecture Series

*Open to Everyone!*

Alternate Tuesdays

10:30 am

At Victoria Gardens  
Multi-Purpose Room  
\$5 donation at door

*November 12, 2019*

*January 14 & 28, 2020*

*Stay-tuned for more  
dates in 2020*

*Sign-up in the Activities Book  
on table outside the office.  
Bring friends!*