

# 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!*