Movement | Food | Fun for Every BODY

November 12, 2011 • 2:00 pm to 5:30 pm

Tabernacle Presbyterian Church • 418 E. 34th Street

- Therapeutic Motion For Healing
- Food Preparation
- Partner Yoga
- Relationship Skills
- Blood Pressure Testing
- Zumba
- Youth Dance Fitnesss

Spirit & Place THE BODY NOV 4-13 2011

Learn and Practice Wellness Care

For information:
(317) 927-9558

Email:
help@gethealthyindy.com

Visit:
www.spiritandplace.org

BROUGHT TO YOU BY:

Harmony Partner Yoga

I.H.M.F.C. Indiana Healthy Marriage and Family Coalition, Inc.

N2BLU Not To Believers Like Us

Tabernacle Presbyterian

Dr. Michael Koontz NMD

Nicholas Owens Dance Company

MAPLETON CENTER HEALTH FITNESS NUTRITION

IMHC