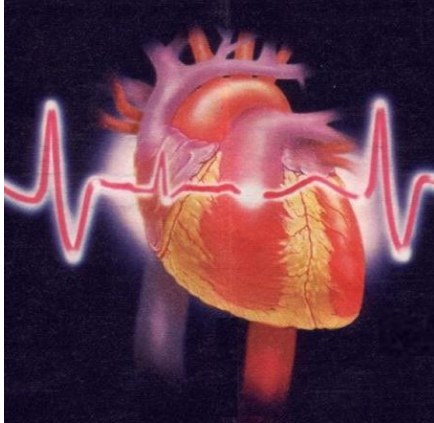


Total Heart Health for Women



Make critical lifestyle changes to modify and improve your heart through the latest holistic approaches to total heart health.

Healthy lifestyle changes can create a real and profound difference. Everyone can manage and shift their risk factors. We end this seminar with your personal action plan and renewed vitality toward self-care.

We will give a fresh view of:

- *Weight management approaches, heart-healthy foods and their preparation*
- *Heart rate variability, biofeedback, and stress management techniques*
- *Meditation techniques, breathing and visualization*
- *Time management resources and perspectives*
- *Values clarification and understanding of life purpose*
- *Relationship dynamics and interpersonal interdependence*

***Cardiovascular and heart disease is the largest killer of women.
We can change our heart health through awareness!***