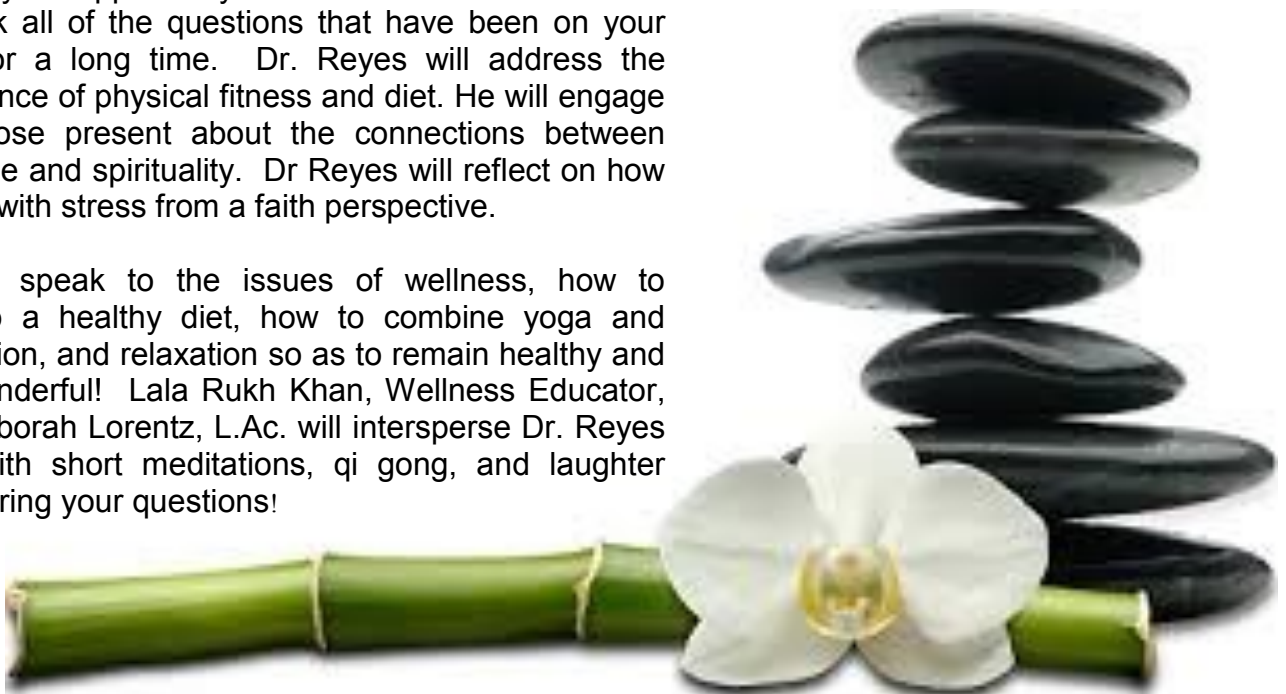


**Saturday, October 17, 9:30 a.m. – 4:00 p.m.**

**WELLNESS DAY: A CONVERSATION WITH  
DR. ARNEL REYES, FAMILY PHYSICIAN**

This is your opportunity to talk with a medical doctor and ask all of the questions that have been on your mind for a long time. Dr. Reyes will address the importance of physical fitness and diet. He will engage with those present about the connections between medicine and spirituality. Dr. Reyes will reflect on how to deal with stress from a faith perspective.

He will speak to the issues of wellness, how to develop a healthy diet, how to combine yoga and meditation, and relaxation so as to remain healthy and feel wonderful! Lala Rukh Khan, Wellness Educator, and Deborah Lorentz, L.Ac. will intersperse Dr. Reyes talks with short meditations, qi gong, and laughter yoga. Bring your questions!



**Fee: \$15.00 which includes lunch**

**REGISTRATION FORM**

**(WELLNESS, 10-17-15)**

NAME : \_\_\_\_\_

ADDRESS: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ TEL. : \_\_\_\_\_

ENCLOSED IS MY NON-REFUNDABLE DEPOSIT: \$ \_\_\_\_\_ ENCLOSED IS MY FULL PAYMENT: \$ \_\_\_\_\_

ENCLOSED IS MY FREE—WILL OFFERING : \$ \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_