



**HOLY SPIRIT RETREAT CENTER IS OFFERING A RARE
OPPORTUNITY FOR A WELLNESS CONVERSATION WITH**

DR. ARNEL REYES, FAMILY PHYSICIAN

The importance of physical fitness and diet
The connections between medicine and spirituality
How to deal with stress using faith, meditation, prayer
and movement

Dr. Reyes is a multi-sport athlete, a coach and certified personal trainer. 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! In addition, Lala Rukh Khan, Wellness Educator, and Deborah Lorentz, L.Ac. will intersperse Dr. Reyes' talks with a short meditation, qi gong, and laughter yoga. Bring your questions!

Saturday, October 25, 2014

9:00 a.m. register, 9:30 a.m.-3:00 p.m.

Cost: \$15.00 which includes lunch.

Send registration to: Holy Spirit Retreat Center, 4316 Lanai Rd. Encino, CA 91436
Wellness Presentation with Dr. Arnel Reyes

Name _____

E-mail _____ Phone: _____

Address _____ City _____ Zip _____

Fee enclosed: _____