

HeartSmart
Path to a Heart Guided Life
by **Cornelia C. Dilley, M.D., Ph.D., Psy.D.**



Boost Energy and Vitality
Overcomes Stress and Fatigue
Conquers Anxiety and Fears
Activates Immune System
Increases Well-Being
Promotes Fitness
Empowers for Life Changes
Lowers Medical Expenses

Meet me at Booth # 63

FREE SEMINAR
Sunday, January 21, 2007, Room 301 at 10 am

Holistic Health Coaching
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