

**ARE YOU A WOMAN?
ARE YOU ALIVE WITH
BREATH?
ARE YOU DESIRING A
MORE BALANCED,
HEALTHY LIFE?**



**If you answered “Yes” to at least 2
of these questions, your life will be
enriched by hearing this life-saving
information.**

THE HARD CORE FACT:

CARDIOVASCULAR DISEASE IS THE #1 LIFE-STEALER OF WOMEN!

According to the World Health Organization and the United Nations Health Agency, the number of women who died from cardiovascular disease surpassed men in 2003. But, now there is hope - through educating and encouraging women to live a heart-healthy life

Linda Penkala's **9 PILLARS FOR PREVENTION OF HEART DISEASE** is the foundation of her passionate outreach to reach women in communities, companies, women's groups, religious organizations, and on college campuses.

Linda's 1-hour presentation assesses stress, work/life balance, and environmental health, and includes her signature **60-Second Health Check**. CALL NOW to schedule a visit from Linda to empower heart-healthy lifestyles for the women you care about.

Please Call: Linda Penkala, LMT
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<http://wealthofhealth.younglivingworld.com>

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