



Ladies: Valentine's Day Approaches! Focus on Your Heart Health!

A Unique Wellness Outreach to Women in Laurel and Beyond!
3 Premier Wellness Practitioners Present an Educational Forum
Saturday, February 4th - Noon to 3 pm @ Optimal Care Chiropractic

Light, Healthy Refreshments, and Coffee and Tea will be served!

Ladies, Health with Intention Means Making Good Choices for Superior Outcomes! The NEW Year Has Begun! Let Us Help You To Make Good Choices!

MEET THE PRESENTERS:

Dr. Marcia Levi

Board Certified Chiropractor
Gonstead Trained
Member of Maryland
Chiropractic Association
and the
American Chiropractic
Association

PRESENTS:

"Your Loving Heart"

*The anatomy of the heart
and its impact on posture -
the importance of being in
alignment for balanced
health.*

Linda Penkala, LMT

Licensed Massage Therapist
President, Corporate Pit Stop
Owner, Optimum Health for Life
Member of ABMP and the
Baltimore Washington Corridor
Chamber of Commerce

PRESENTS:

"Wise Heart Health"

*9 Pillars of Heart Disease
Prevention to empower and
encourage awareness that
supports a robust heart
health for life.*

Abby Dixon, MES

ACE Gold Certified Health
& Fitness Coach
Body and Soul Fitness
Post Rehab Conditioning
Specialist/AAHFP
Member of ACSM, IDEA,
and Wellcoaches

PRESENTS:

"Movement is Medicine"

*Heart, shoulder, knees, and
toes! Learn how to address
tight muscles and body tension
through corrective, gentle
movement.*

**Saturday,
February 4th
Noon to 3 pm**

**Optimal Care Chiropractic
14207 Park Center Drive
Suite 106
Laurel, MD 20707**



**Attire: Casual, for Loving,
Gentle Exercise & Stretching**

**Admission:
\$10**

**Forward this to the
women you love!
*Bring your friends who
have hearts!*
Learn, Laugh, and Meet
New Friends!**

Register TODAY: 301.317.9161 or LPenkala96@gmail.com