

Come Learn About Holistic Wellness!

Yoga, food and education regarding holistic living demonstration
October 18, 2016!

First Christian Church,
400 West 4th Street. Flora, IL
6:00pm to 7:30pm

No preregistration required!

(Fellowship Hall at the Church,
enter south doors, downstairs)



SUBHASHISH AGARWAL, MD, MS
GENERAL CARDIOLOGY

A lifestyle of holistic wellness rewards you with more energy and enhanced health and fitness... but perhaps you're not sure where to start on this path?

Do you ever feel overwhelmed by the amount of available health information, or a bit confused about how to separate effective, safe information from the myths, misinformation, and scams? Dr. Agarwal is ready to help show you some of the easy ways to get started! All adults regardless of age can benefit from this style of living.

Healthy eating, Yoga exercises and general education on holistic healthcare are part of Dr. Agarwal's presentation. Please bring a yoga mat or a towel with you, as well as bottled water and make sure to wear comfortable clothes!

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