

Announcing an OLLI Cal State Univ Long Beach

SPECIAL EVENT!

Feel Better Now!

The Science Behind
Activating the Body's
Own Healing Powers:
An Experiential Introduction

LIVE!
One Day Only!

On
ZOOM

- ❁ **Feel noticeably better immediately!**
Plus powerful daily techniques
- ❁ **Smile & relax with easy, light-hearted**
approach to the latest science
- ❁ **Discover how 21st century science matches**
ancient health wisdom from India!



Presented by

Kerry Abram,
MPP and Wellness Educator

Thursday, November 21, 2-3:30pm

OSHER Lifelong Learning Institute
Cal State Univ Long Beach

Register
HERE

www.kerryabram.com

 **CHOPRA CENTER**
CERTIFIED INSTRUCTOR