

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, December 5, 2-3:30pm

OSHER Lifelong Learning Institute
Cal State Univ Long Beach

**Register
HERE**

www.kerryabram.com

 **CHOPRA CENTER**
CERTIFIED INSTRUCTOR