



## MAY WELLNESS SERIES

### FEEL GOOD THURSDAYS

Join us this spring for an inspiring health & wellness talk designed to refresh your mind, energize your body, and reset your goals for the season ahead

**When:** Every Thursday at 6:45pm

**Dates:** May 8<sup>th</sup> to May 29<sup>th</sup>

**Where:** Calgary Health Collective, West Hillhurst

**Cost:** \$7.00

✨ **Register on Eventbrite** – See QR code

❤️ **Giving back:** Proceeds of registration to go *Making Changes*, a local charity supporting women in our community



### EXPLORING

🌙 How to Get Better Sleep – tips, habits, and tools to rest and recharge

💧 The Magic of the Lymphatic System – discover how it supports detox, immunity & energy

🌿 Traditional Chinese Medicine (TCM) – Spring insights for mind and body balance

💬 BodyTalk – Tuning in to the body's wisdom



### REGISTER HERE



### RAFFLES

For each attendance, you will be entered to win

60 min BodyTalk Session

Copy of Dr. Angela's Sleep Book

AND MORE