

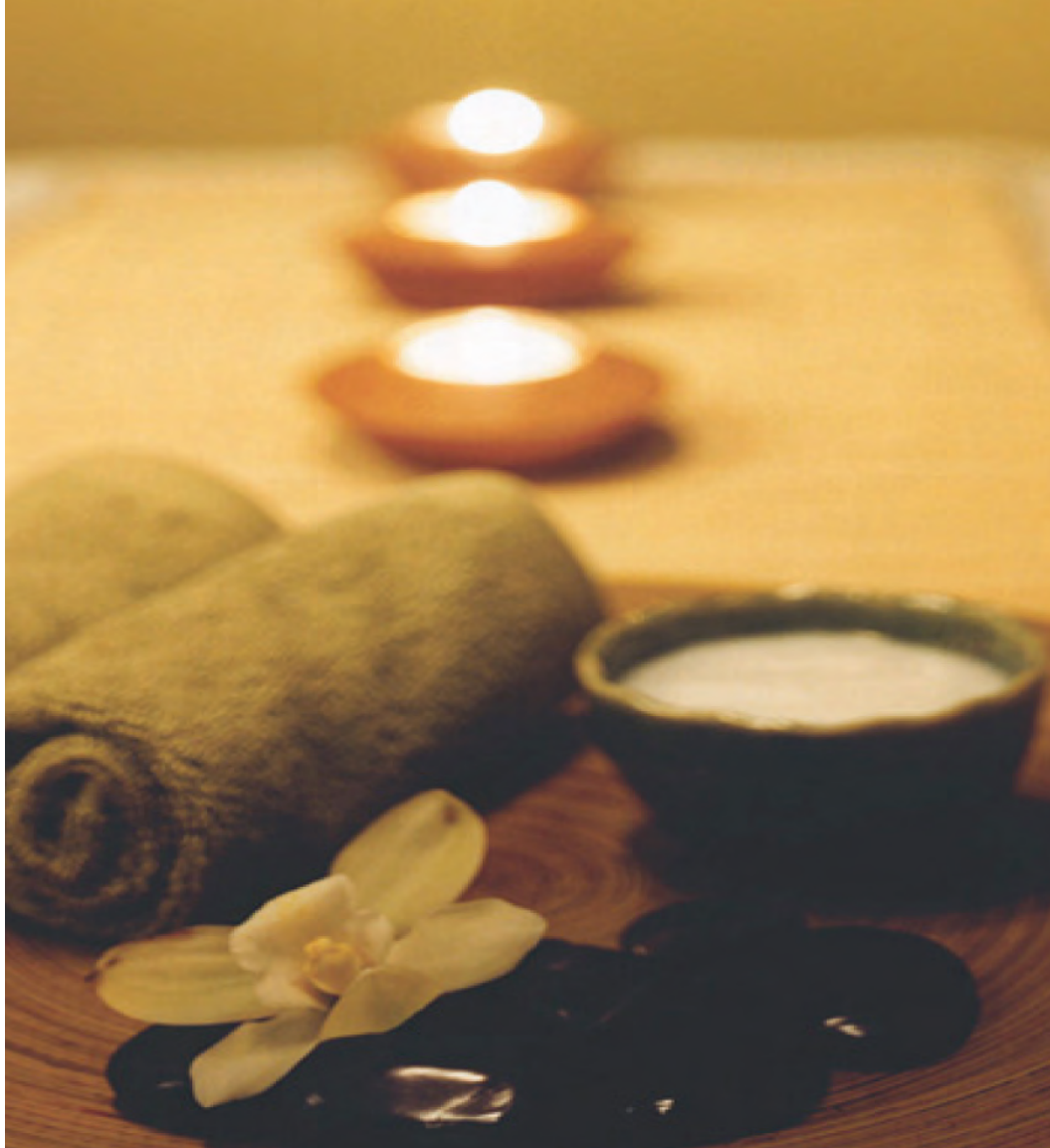


The Center for
Mind & Body Wellness
Psychotherapy & Healing Arts

A DAY OF RENEWAL

SUNDAY, JANUARY 23, 1:00-5:00 P.M.

Renew | Heal | Reconnect





The Center for Mind & Body Wellness

9466 Black Mountain Rd., Ste. 130
San Diego, CA 92126

**An afternoon of renewal and rejuvenation
to allow your mind and body to truly relax and
recharge.....**

**Where: The Center for Mind & Body Wellness
9466 Black Mountain Rd. #130, San Diego, 92126**

When: Sunday, January 23, 1:00-5:00 p.m.

**What: Talk with our practitioners & sample our services:
Acupuncture, massage, Reiki therapy, yoga & educational sessions with
our psychologists.**

**Free food, music & services for an afternoon of relaxation and education.
Schedule of events available on our website. Raffle tickets can be
purchased for gifts that support your health and well-being.**

**RSVP by January 16 on our website at
www.thecenterformindandbodywellness.com or
call 858-566-6514 today to reserve your space!**

Make a fresh start in the New Year!!

The Center for Mind & Body Wellness, 9466 Black Mountain Road, Suite 130 San Diego 92126