



Movement | Food | Fun for Every BODY

*November 12, 2011 • 2:00 pm to 5:30 pm
Tabernacle Presbyterian Church • 418 E. 34th Street*

*For information:
(317) 927-9558*

*Email:
help@gethealthyindy.com*

*Visit:
www.spiritandplace.org*

- 🍷 Therapeutic Motion For Healing
- 🍷 Food Preparation
- 🍷 Partner Yoga
- 🍷 Relationship Skills
- 🍷 Blood Pressure Testing
- 🍷 Zumba
- 🍷 Youth Dance Fitness



Learn and Practice Wellness Care

BROUGHT TO YOU BY:



Dr. Michael Koontz NMD

MAPLETON CENTER

Nicholas Owens Dance Company

