

Tuesday, December 13,

2022

630pm-730pm

3 WAYS TO IMPROVE YOUR  
EMOTIONAL ALIGNMENT THIS  
CHRISTMAS SEASON

As we head into this Holiday Season don't forget to take care of your own thoughts and feelings!! Come listen, as Dr. Cordie teaches us practical ways to stay emotionally healthy despite the stress and complications that come with this busy time of year.

**RSVP: [kelly@cordie4senate.com](mailto:kelly@cordie4senate.com)**



**Health From Within**  
**1818 Marron Rd, #103**  
**Carlsbad, CA 92008**

INVITE  
A  
FRIEND!!