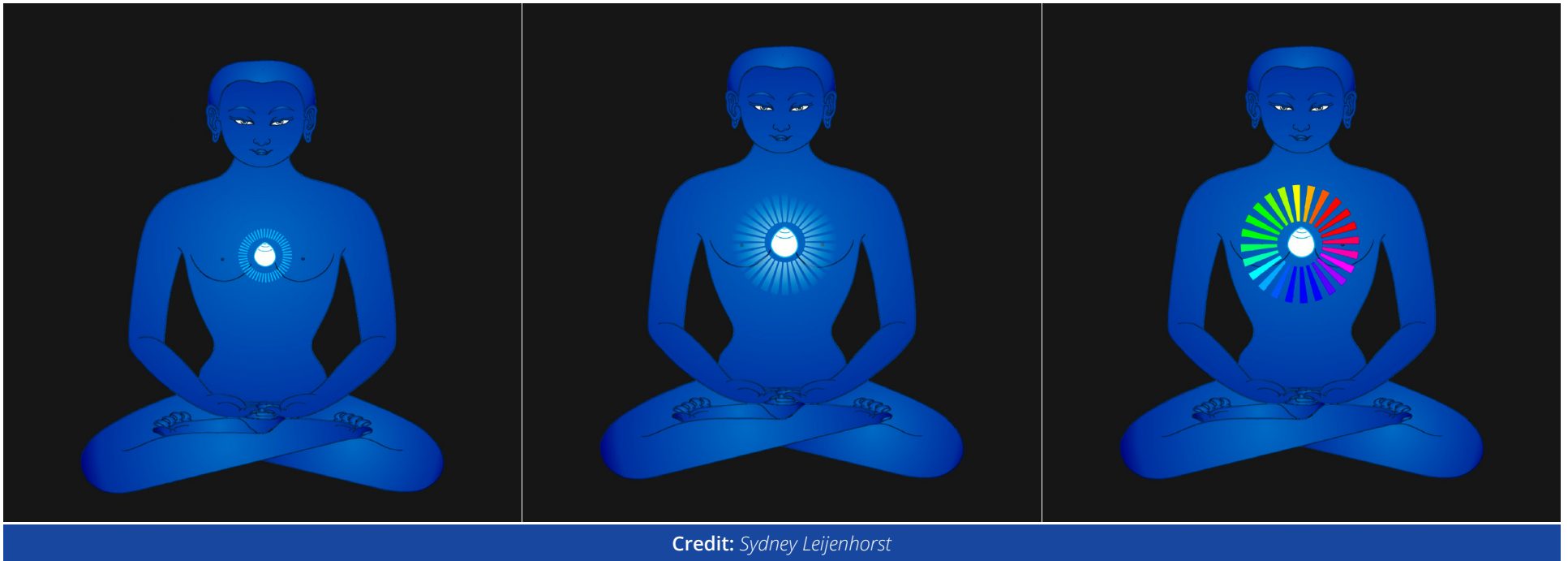


WELLNESS CONNECTION 2022

# A JOURNEY TO OPEN HEARTEDNESS

JOURNEYS OF THE HEART

September 7th, 2022



Credit: Sydney Leijenhurst

**Nutrition:** Eat Less Processed Foods.

**Movement:** Exercise daily, there are no rest days.

**Yoga:** Yoga is scientifically proven to help in arrhythmias, heart failure and hypertension.