



Women's Health

**Make better food and lifestyle choices at work and at home
Improve lifestyle including exercise and relaxation
Gain tools to take action towards achieving goals**

Tracy Rickard

Holistic Health Coach
Registered Yoga Instructor
Licensed Massage Therapist

Join me for a Lecture on

Sunday, January 29th

11:00 am - 1:00 pm

\$25 pre-registration required

**The Body Lab Wellness Center
(Pilates/Yoga Studio Location)**

102 Odell Ave

Endicott, NY

**~Wear comfortable clothes to move in for guided yoga and breathwork~
For details, please call 607-760-9065**

www.tracystotalwellness.com