



Free
Multi-Cultural Community Health and Wellness Classes
Support your self-care, family, and community health
Global Health Model - Mind-Body-Spirit

English and Spanish translation

- *Work with licensed and certified practitioners from various communities, including integrative therapy practitioners, yoga instructors, acupuncturists, psychotherapists- NLC and Traditional Indigenous Healers.*
- *Learn and practice self-management tools for healthy living, including, gardening, nutritious cooking and eating, fun exercises, and a variety of self-care techniques, pain management, stress reduction, time management, positive thinking, and relaxation techniques.*



HEALTHY EATING • ACTIVE LIVING • HEALING THERAPIES
A new topic of Holistic Health & Wellness every month

Provided by Dr. Sofia Chavez, DNM, Board Certified by American Naturopathic Medical Association, CO Registered Psychotherapist, COTA-Occupational Therapy, Auricular Therapist, NADA Acu-Detox Specialist



DHA 720-956-3823



EVERY Tuesday
1:00-2:00 PM
Starts May 2018
990 Alcott Way
Denver 80204

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www.estaraprograms.com