

**Club Yarnell**

**– Presents –**

**The Conversation**

**It's YOUR**

**Body!**

**September 18, at the Community Center**

**1:30 – 2:30**

**Have a conversation with individuals who  
want to share tips and tricks about  
staying healthy.**

**It's Your Personal Health Plan:**

**Eating, Exercise, Doctors, Oils,  
Counseling, Reiki, Sleep and much more.**

**What do you do?**

**Come Share!**