


A Women's Wellness Center

A Wellness Center For All Women
A Health & Beauty Boutique for
Women Diagnosed with Cancer

CALL TODAY! (619) 425 5927

 Our Mission
"To offer a sanctuary
for women to achieve
optimal health and well being"

Weight Loss

Healing Touch

Mat Pilates

Yoga

www.awomenswellnesscenter.org



FREE wigs for women diagnosed with cancer.
Call for details.

261 CHURCH AVE
CHULA VISTA
CA 91910



WELLNESS SERVICES

Our classes and therapies increase energy and feeling of well-being, improves concentration & mental clarity, improves mental, physical and emotional health, relieves menopausal symptoms, and enhances the digestive system, and immune system, and aids in weight management.

- Workshop - Cleaning Without Toxic Chemicals
- Experience Wellness Day For Corporate Events
- Special Moments For Mothers & Daughters
- Spiritual Growth For Health Challenges
- **Healing Through Dance & Movement** 🦋
- Pharmaceutical Grade Supplements
- **Laughter Yoga Certification** 🦋
- **Laughter Yoga For Healing** 🦋
- **Gentle Yoga All Levels** 🦋
- Yoga Therapy
- Healing Touch
- **Mat Pilates** 🦋
- 🦋 **Specialty Classes!**

Weight Loss Program

- Simple & Convenient
- Lose The Cravings
- Lose The Pounds
- Quick Results
- Make A Clean Break From Fatty, High-Glycemic Foods
- Start Making Better Choices For Your Health
- Achieve Your Total Weight-Loss Goal!

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SERVICES FOR WOMEN DIAGNOSED WITH CANCER

- Yoga For Cancer Patients And Survivors
- Healing Through Dance And Movement
- Support Group "Men Who Care"
- Support Group "Circle Of Faith"

Health & Beauty Boutique

- Free Wigs
- Breast Prothesis
- Specialized Bras
- Post Surgery Camisoles
- Soft Hats

A Women's Wellness Center

is a non-profit 501(c)3 organization.
Volunteers and donations are appreciated.

Programs for women diagnosed with cancer
sponsored by:



San Diego Affiliate of
Susan G. Komen for the Cure



American Cancer Society of San Diego
and Imperial County



Henry's Marketplace Chula Vista

261 Church Ave., Chula Vista, CA 91910
PHONE 619.425.5927 FAX 619.425.5071


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Women Helping
Other Women
To Be Healthy



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