



# Affordable Holistic Health Services

Vitality and health begin with prevention;  
prevention begins with action!

Take action and enjoy **improved mental, physical and emotional health** through holistic therapies and gentle, therapeutic exercise classes in small group settings. Services are individualized to **meet your health needs**.

We cater to men & women with special health challenges and offer **specialized services and products** for men & women diagnosed with cancer.

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Gentle Yoga

Biodanza

Healing Through Dance & Movement

Zumba

Massage

Acupuncture

Healing Touch

Reiki

Weight Management

and more!



*A Women's Wellness Center*

*"By the Grace of God, my life has been transformed, just as He transforms Butterflies"*



(619) 425-5927

[www.AWomensWellnessCenter.org](http://www.AWomensWellnessCenter.org)

*Make Your  
Appointment  
Today!*

*Fees are based on household income.*