

An evening of mind & body solutions with two specialists

Survival Kit for the Holidays



Monday, Dec. 8th - 6:30 to 8 pm

at Coastal Sports & Wellness Medical Center

4010 Sorrento Valley Blvd., Suite 300, San Diego, CA 92121

\$ 15.00 - Includes Healthy Refreshments

Call: 858-678-0300 to Register

Holiday Eating

How to enjoy the foods you love
and avoid packing it on
over the holidays.

Taught by Dr. Martinez, Medical Director
of Coastal Sports & Wellness Center, sports
medicine and family physician plus
4-time, Ironman triathlete.

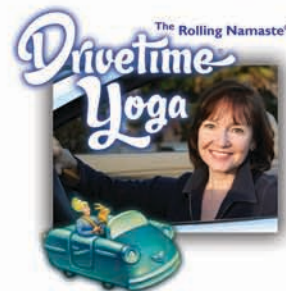
COASTAL
SPORTS & WELLNESS
MEDICAL CENTER

www.coastalsportsmedicine.com

Travel Yoga

Reduce travel stress with
'do-anywhere' stretches &
breathing techniques.

Taught by Elaine J. Masters registered
Yoga teacher, award-winning author
of Drivetime Yoga books & CDs,
& founder of the YoGo Project.



www.DrivetimeYoga.com