



vitality integrative medicine

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A NEW YEAR,  
A NEW YOU:

35  
Br eaking  
56  
Ba d  
H abits

*Uncover the importance of brain & body balance in breaking bad habits.*

*Learn YOUR next 6 steps to optimal health & vitality.*

**Tuesday, January 7th**

**6:30-8:30 pm**

*Hampton Inn by Hilton (by Winnipeg Airport)*

**RSVP REQUIRED**

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