



vitality integrative medicine

Winnipeg, MB | 204 784 8271

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A NEW YEAR,
A NEW YOU:

³⁵Br eaking
⁵⁶Ba 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