

The Seven Obelisks of Health & Wellness Series

Nutrition, Movement, Hydration, Spirituality, Emotional Health, Power of Sleep, Self Love



EVERY MOVE IS A MIRACLE™

FOUR AMAZING FITNESS EXPERTS ON:

Why All Of The Seven Obelisks Of Health And Wellness
Are Needed For A Vital Life

Mini Lessons in Chicago Style Steppin and Egyptian Dance

Saturday, May 31, 2025
10:00 am to 11:30 am

Sherwood Park
5701 S. Shields, Ave
Chicago, IL 60621

TO REGISTER:

Visit our website:

www.inclusivewellnessenlightenment.com

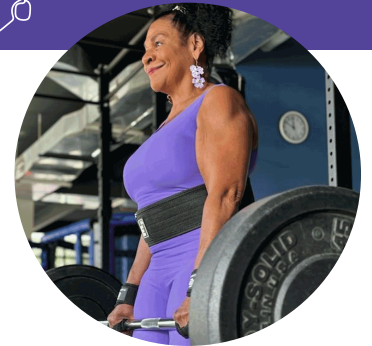
773 931-4007

Email: wellness@iweone.org

\$25.00

RSVP (Seats Fill Fast)

Info: (773) 931-4007



Ginger Mance, Founder:
Seven Obelisks
of Health and Wellness



Khalidah Kali



Steve King



LaVerne Young

Khalidah Kali (North African Dance Co.) Egyptian Dance , Steve King (Snoop and Crew) Steppin, LaVerne Young Fitness Trainer (Ageless Agility), Ginger Mance Illinois State and National 201 lb. Record Holder — as seen on WGN TV 9-
See Website for Re-Play