

*Gem§ Inc.*

IS PROUD TO PRESENT...

# HEALTH EXPLOSION 2024!



SPEAKER

**Dr. Belinda Rowe**

Founder/President GEMSS Inc.  
Topic: Keys To A Healthier YOU



SPEAKER

**Terica Roberts LMFT**

Topic: Mindfulness Self-Care



SPEAKER

**Michael Hoskins**  
Child Youth Therapist

Topic: Knowing Depression



SPEAKERS

**Cynthia Cano Ng**

Realtor  
Community Support Partner  
Alzheimer's Association



**Joshua Arce**

Co-Founder The Brain Cell  
Community Support Partner  
Alzheimer's Association

Topic: Your Brain Healthy

Embark on a transformative journey towards optimal health and well-being at the Health Explosion 2024 workshop! In this immersive and interactive event, participants will explore the latest breakthroughs, trends, and practices that are reshaping the landscape of health and wellness in 2024. This workshop is perfect for anyone passionate about taking charge of their health and well-being, whether you're a fitness enthusiast, health professional, or someone looking to kickstart a healthier lifestyle in 2024.

Join us at Health Explosion 2024 and be part of a community dedicated to embracing the latest in health and wellness for a vibrant and fulfilling life. Ignite your journey towards a healthier, happier you!

## Free lunch and opportunity drawings!



Saturday April 27, 2024



10:00 AM - 2:00 PM



Keller Williams Premier Properties  
21 Rancho Camino Dr #200 Phillips Ranch 91766



Text Health to 626.422.7669 for more info!



SCAN ME

Register now at:

<https://www.eventbrite.com/e/health-explosion-2024-tickets-8467872>

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Additional Speakers To Be Announced