

BODY, MIND AND SPIRIT Seminar
Health and Wellness, a Holistic Approach

HOLD THE DATE
Friday July 3rd 2009

55PGA West GTA Inc. is pleased to present a



Health and Wellness Seminar & Concert

*Promoting interaction between Seniors & Youth
to share hope, knowledge, skills and experience
in association with G.O.A, West-End Seniors Assn, Toronto
East Goan Seniors Assn, Can-Orient Seniors Assn &
St. Francis Xavier Seniors Club.*



Venue: **Christ The King Church**
3495 Confederation Parkway
Mississauga(South of Square One Mall)

Program A: 6:00 PM – 6:30 PM

Location: Church Hall
Registration and SnackPack/Beverage (\$5.00/person)

6:30 PM – 8:00 PM

Seminar on Health & Wellness
– *Body, Mind & Spirit*

Speakers: Leading Medical Specialists, Jon Stemkoski

Limited capacity for this key event - note on your calendar today
Ticket reservations details will be provided soon.

Program B: 8:30 PM – 10:00 PM

Location: Christ the King Church
Wellness of Spirit Concert (FREE)
By Jon Stemkoski's Celebrant Singers
International Music & Missions Ministry
<http://www.celebrants.org/>

