



Building Your Immune System

Health & Wellness

With

MJ the Vegan Yogi

Join us as we discuss how our immune system functions ~ what builds and kills our immune system. Plus, some simple steps to support healthy living. (And a little yoga.)

The Vegan Yogi has traveled the world and has experienced what health and wellness looks like in different cultures and countries. She is an entrepreneur that develops body and skin care products from natural derivatives. She understands the positive and negative affects of what you put ON your body and IN your body. The Vegan Yogi is a spokesperson for healthy living and wants to share how our eating affects not only our bodies, but our planet as well.

Wednesday, Oct. 7, 2020

10:30-11:30 am

Zoom Call: Mtg ID 865 8982 7695

Passcode: 578405

St. Anthony Community Center

214-421-3645