

# Creating Healthy Lifestyles



**Judith  
Pinkerton**  
Licensed  
Music Therapist

**Mikki  
Wade**  
Los Angeles  
Grief Recovery Trainer

**Amy  
Frost**  
National  
Corporate Trainer



## Discover ways to be mentally fit!

### DATE:

Sunday, Jan 26, 2014

**TIME:** 3:00-5:00pm

**FEE:** FREE

### LOCATION:

Music 4 Life  
on Solutions Wellness Campus  
2975 S. Rainbow Blvd, Suite B  
Las Vegas, NV 89146

**RSVP: 702-889-2881** or  
[CreatingHealthyLifestylesJan26.eventbrite.com](http://CreatingHealthyLifestylesJan26.eventbrite.com)

- ♥ HealthRHYTHMS drum circle
- ♥ Health risk assessment
- ♥ Self-care tools for mental fitness
- ♥ Grief recovery strategies
- ♥ Healthy water alternative
- ♥ Music Medicine prescription



## Special Performance

Brought to you by  
**Music 4 Life® Health Club, [AmyFrost.com](http://AmyFrost.com) & [TrueRealityInc.com](http://TrueRealityInc.com)**

Music 4 Life® empowers people to live differently, and be responsible for their health with easy, accessible, inexpensive programs and products to save health care costs. User-friendly life skills are taught for mental fitness that support career development, job maintenance and life support through Wellness Circles, Drum Circles, Music Medicine and Music Therapy.

