Visualize Your Best Health, Beauty & Mental Wellness

Wednesday, Nov. 13th | 5:30-7:00pm
11648 E. Shea Blvd Suite 115, Scottsdale AZ 85259

Join us for an evening of empowerment and knowledge where you will learn about nutrition, movement, beauty & mind body practices and develop a vision for your best health. During our session, you will learn about the importance of gut health, hormonal balance, inflammation and aging and set goals on how to achieve perfect balance. We will guide you through different mind-body practices such as meditation, breathwork and movement to help build your inner connection with self and cultivate healthy ways of creating resilience to stress. We will end with a Q&A session with Jyoti Patel M.D. We are excited to help AZCREW along in your wellness adventure!

JYOTI PATEL
M.D.F.A.A.P.F.A.C.P.
Board Certified in Internal Medicine, Pediatrics & Integrative Medicine

This project is a collaboration of AZCREW members:
Beth Katz, Interior Design and Andrea Davis, Brokerage