

Heart Math Simplified:

A Healing Gathering

with the **Unity North Healing Team**

Sunday, March 23, 2025

(after Service)

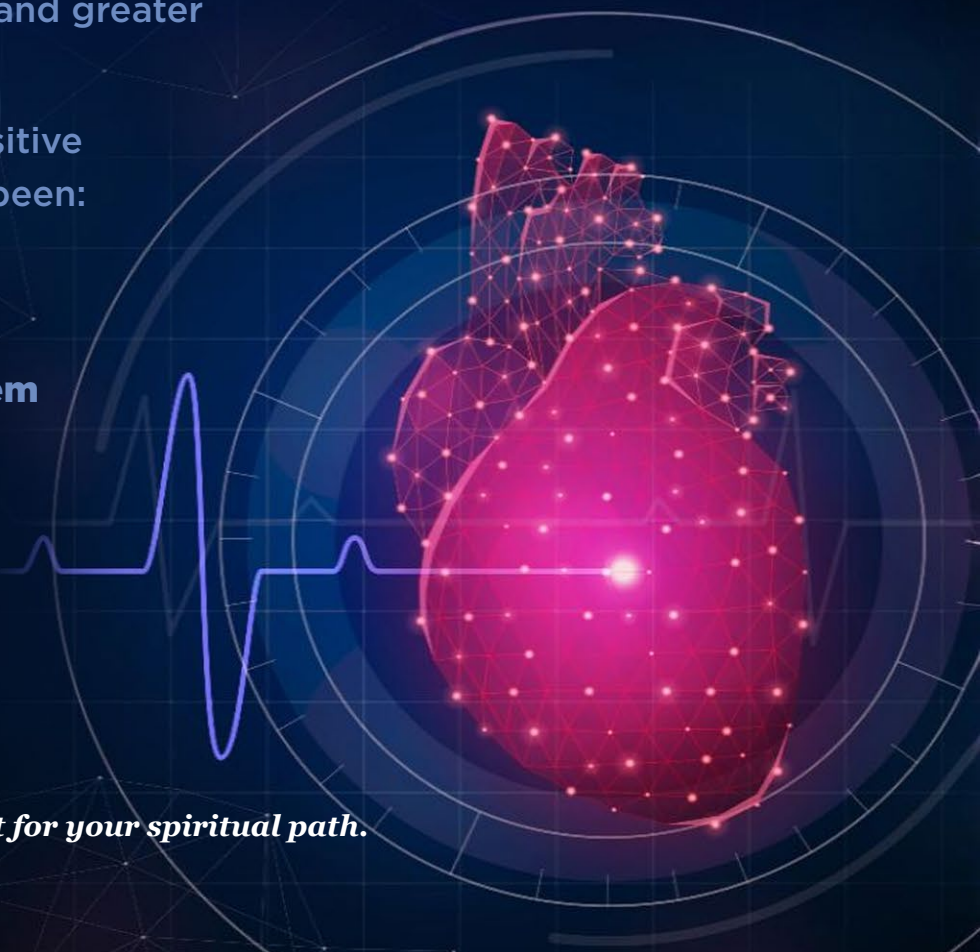
12:15 pm - 1:15 pm

Experience an effective technique to help with ***Personal Stress Relief*** and greater ***Hope and Optimism***.

In addition, some of the positive effects of Heart Math have been:

- **Increased Resilience**
- **Social Fulfillment**
- **Improved Immune System**

Join us for this informative healing experience, and a bit of light-hearted fun.



Community support for your spiritual path.



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