



Rocky Gorge Wellness Presents

Healthy Heart Sense

Featuring:

Linda Penkala, Author, Speaker, LMT
Abby Dixon, CES, MES of MediFit, Inc.

Your heart health *matters!*

Join us for a FREE Zoom discussion on understanding the importance of maintaining a healthy heart.

Linda Penkala will present on “Wise Heart Health for Life.” Learn breath work to remain calm, why awareness is key, why lifestyle choices matter, plus how to pick heart-healthy foods.

Abby Dixon will present on “How Does Your Heart Beat.” Learn how to optimize your heart rate through movement.

Tuesday, February 20, 2024
7:00pm, EST
on Zoom!

RSVP with Linda Penkala at
lpenkala96@gmail.com
to receive the **Zoom link**.

Learn more about each presenter by visiting their websites:

Linda Penkala – <https://www.lindapenkala.com/>
Abby Dixon – <https://medifitnow.com/>