

MEDITATION CLASSES

FOR THE WHOLE FAMILY



*Learn more about the art of
MEDITATION
And the health benefits.*

Holistic care focuses on the whole health needs

WHEN: Jan 21st 2018 (SUNDAY)

TIME: 10am – 11am

WHERE: Office 18934 N Dale Mabry Hwy

PHONE: 813-948-2679

CONTACT PERSON: Chasity Price

RSVP: Please sign up at check out

YOGA CLASSES FOR THE WHOLE FAMILY



*Learn more about YOGA and the studies behind
it!!!*

Holistic care focuses on the whole health needs

WHEN: DEC 3rd 2017 and Feb 4th 2018

TIME: 10am – 11am

WHERE: Office 18934 N Dale Mabry Hwy

PHONE: 813-948-2679

CONTACT PERSON: Chasity Price

RSVP: Please sign up at check out



NUTRITION CLASSES

FOR THE WHOLE FAMILY



Learn more about



WHEN: Feb 18th 2018 (SUNDAY)

TIME: 10am – 11am

WHERE: Office 18934 N Dale Mabry Hwy

PHONE: 813-948-2679

CONTACT PERSON: Chasity Price

RSVP: Please sign up at check out



Essential oil & Aromatherapy



Classes w/ Dr. Patel



Learn more about smoothing holistically with Essential oil & aromatherapy

Holistic care focuses on the whole health needs of the child instead of just the symptoms for better overall health



Essential oil are powerful healers, they affect our mind body and our emotions.

All aromas have a potential emotional impact that can reach deep both relaxing the mind and uplifting the spirit.

Come along and learn about therapeutic grade essential oils

WHEN: Feb 13th 2018 (Tuesday)

TIME: 12:00-1:00pm

WHERE: Office 18934 N Dale Mabry Hwy

PHONE: 813-948-2679

CONTACT PERSON: Chasity Price

RSVP: Please sign up at check out



CPR CLASS

AT SUNSHINE PEDIATRICS OF LUTZ

PLEASE JOIN US

We are holding a CPR classes for all who would like to be educated in CPR



MOMS & DADS, GUARDIAN, CARE GIVERS LOVED ONES

**THIS IS VERY IMPORTANT FOR YOU TO ATTEND THIS CLASS IF YOU HAVE
NOT EVER ATTENDED ONE BEFORE!!!**

This is a Physician Directed CPR Class with Nelson Dejesus conducting the training and video session.

Cost:

For Certification \$30.00

Non-Certification just education FREE FREE FREE

CLASS LOCATION

*18934 N DALE MABRY HWY STE 101 – LUTZ FL 33548
SUNSHINE PEDIATRICS DR. PATELS & DR MEHTA OFFICE*

***MUST RSVP ASAP BY PHONE 813-948-2679 FILLS UP
FAST***

As more classes are added to the schedule, please feel free to sign up for the ones currently offered and also ask our staff any questions or offer any suggestions for any topics you may desire to be educated on.