



The Gailen and Cathy Reeves Center  
For Community Empowerment

# Before You Finish Making Your 2023 Healthy Body Plans, Check Out These “B FOUR Integrative Health Tips.”

Learn how the brain, belly, back and body works together for optimum health.

International Registered Dietitian, and Health Educator

**Charlotte Sista C. Ferrell**



Sunday  
January 15, 2023  
2:00 - 3:30 P.M.

Welcome! You are invited to join a meeting: "Healthy B4: Brain, Body, Belly and Back". After registering, y...

 Zoom

ViewPark Section  
**ncnw**  
commitment | unity | self-reliance



LOS ANGELES COUNCIL DISTRICT 8  
COMMUNITY BASED ORGANIZATION GRANT FUND