

*Invites you to a special experience*

**"Overcoming Anxiety, Aloneness  
&  
Depression During the Holidays"**

*with Dr. Ivy Hylton*

**WEDNESDAY**

**DECEMBER**

**23**

**Noon to 2pm**



The Holidays can be a tough time for many of us...

Join Dr. Ivy Hylton on a journey to explore your heart's deepest desires, enabling you to live your best life in 2021.

- Practice the Peace of Mind Sonic Vibration
- Learn 3 Secrets to Manifesting Your Heart's Deepest Desires
- Practice the Sound Vibronics™ Stress Relieving Technique
  - Join the Family Wellness Challenge Movement

RSVP directly at [www.drivyholiday.eventbrite.com](http://www.drivyholiday.eventbrite.com) OR  
to [sparker@erfsc.org](mailto:sparker@erfsc.org) or 202-941-8547. Event will be via Zoom!