

AMARE HEART FALL TOUR 2019

Attend to Win
an All-Inclusive
Trip to the
Riviera Maya!*

Owatonna, MN

Date: Monday, September 23

Time: 7:00 PM-9:00 PM

Location: Holiday Inn & Suites Owatonna
2365 NW Street
Owatonna, MN

Register: <https://amarehearttour-owatonna.eventbrite.com>

Your gut. Your brain. Your heart.

Did you know that all three are interconnected and vital to your mental wellness?

As The Mental Wellness Company®, we've developed the world's first holistic mental wellness platform of products, programs, and people! Want to find out more?

Attend this Fall Heart Tour event and find out how you can take yourself to a higher level of mental and physical performance in your everyday life.

**Check-in at the event to be entered into a drawing to be eligible to win an all-inclusive trip to the Riviera Maya. One winner will be picked from the Amare Heart Tour and Welcome Home Events.*

Featured Speaker



Dr. Shawn Talbott

Chief Science Officer
Founding Executive



LEARN
the science and
award-winning
products



DISCOVER
innovative programs for
mindfulness, nutrition,
and movement



NETWORK
with wholehearted
people in our
community



EXPERIENCE
personal growth
and optimal
mental wellness