

# AMARE HEART FALL TOUR 2019

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

## Spokane, WA

**Date:** Saturday, September 28

**Time:** 1:00 PM - 4:00 PM

**Location:** Northern Quest Resort and Casino  
100 N Hayford Rd  
Spokane, WA

**Register:** <https://amarehearttour-spokane.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 Fall Tour Event.*

### Featured Speakers



**Rich Higbee**  
*President of Sales  
Founding Executive*



**Tamara Tift**  
*L.Ac, CH, Mindfulness Expert,  
Scientific Advisory Board Member*



**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