

You're invited to the Grand Opening of **HEROIC HEART, LLC.** , ☺

*a Unique Community Wellness Center!*

**WHEN:** Saturday, February 8 – February 15, 2020      **WHERE:** 4625 E. Broadway Blvd., Tucson / Ste. 200

Please see the Calendar below for a description of free, Grand Opening events, open to the public. Events are described in more detail on our website: myheroicheart.com. \*\*\* Select events (such as Yoga Classes and Workshops) will have limited seating, so please reserve your spot as soon as possible by emailing: info@myheroicheart.com. For the events with limited seating, please monitor our Grand Opening Event Calendar for availability.

**CALENDAR OF EVENTS**

SATURDAY, FEB 8	SUNDAY, FEB 9	MONDAY, FEB 10	TUESDAY, FEB 11
<p><b>10 AM -11 AM</b> Coffee, Tea &amp; Positive Affirmations, with Life Coach, Cathy Thurman</p> <p><b>11 AM - NOON</b> Crystal Singing Bowl Meditation Demonstration, by Bev Paul</p> <p><b>1 PM – 1:30 PM</b> Service Description, by Psychiatric Nurse Practitioner, Clarese Basile</p> <p><b>2 PM – 4 PM</b> Meet the Affiliates of Heroic Heart for Refreshments, Fun and Free Gift Certificate Drawings.</p> <p><b>4:30 PM - 6 PM</b> Explore the “House-Tree-Person” Art Therapy Assessment with Art Therapist, Pat Thurman</p> <p><b>6 PM – 7:30 PM</b> 40-Minute Energy Balancer Demonstration, by Cathy Thurman</p>	<p><b>10 AM -11 AM</b> Coffee, Tea &amp; Grounding Techniques with Energy Medicine Practitioner, by Cathy Thurman</p> <p><b>11 AM - NOON</b> Detox Foot Bath Demonstration, by Energy Medicine Practitioner, Debbie Castillo</p> <p><b>1 PM - 2 PM</b> Foot Reflexology Demonstration by Reflexologist, Nick Cosentino</p> <p><b>2:30 PM - 5:30 PM</b> Introduction to Soul Collage Workshop with Soul Collage Facilitators, Pat and Cathy Thurman <b>(*Note: There is limited seating for this Soul Collage event. Please reserve your seat via Email: info@myheroicheart.com)</b></p>	<p><b>10 AM - NOON</b> Turkish Coffee Reading Demonstration, by Alice Totillo</p> <p><b>1 PM – 3 PM</b> Understanding Your Energy Body, by Cathy Thurman</p> <p><b>3:30 PM – 5:30 PM</b> Learn Donna Eden’s Daily Energy Routine, by Cathy Thurman</p> <p><b>6 PM – 7:30 PM</b> Explore the “House-Tree-Person” Art Therapy Assessment, by Pat Thurman</p>	<p><b>10 AM - NOON</b> Basic Energy Medicine Techniques for Your Pets, by Cathy Thurman <b>(This class is for Pet Owners only. No pets please.)</b></p> <p><b>1 PM – 2:30 PM</b> 40-Minute Energy Balancer Demonstration by Cathy Thurman</p> <p><b>2:45 PM – 3:45 PM</b> 5 Basic Hand Mudras for Weight Loss, by Cathy Thurman</p> <p><b>4 PM – 5 PM</b> Understanding Dolores Cannon’s Quantum Healing Hypnosis by Cathy Thurman</p> <p><b>6 PM – 8 PM</b> Turkish Coffee Reading Demonstration, by Alice Totillo</p>

**All CLASSES ARE FREE!** REGARDING THE PET CLASS... WE APOLOGE PETS ARE NOT ALLOWED IN OUR BUILDING, UNLESS THEY ARE SERVICE ANIMALS.

WEDNESDAY, FEB 12	THURSDAY, FEB 13	FRIDAY, FEB 14	SATURDAY, FEB 15
<p><b>10 AM - NOON</b> <i>Understanding Your Energy Body,</i> by Cathy Thurman</p> <p><b>1 PM – 2 PM</b> <i>Beginner's Class on Self-Application of Reiki Energy</i> by Cathy Thurman</p> <p><b>2 PM – 3 PM</b> <i>5 Basic Hand Mudras for Weight Loss,</i> by Cathy Thurman</p> <p><b>3:30 PM – 5:00 PM</b> <i>How Highly Sensitive People Can Protect Themselves From Emotional Vampires</i> by Pat &amp; Cathy Thurman</p> <p><b>6 PM – 8 PM</b> <i>Meet the Affiliates of Heroic Heart for Refreshments, Fun and Free Gift Certificate Drawings!</i></p>	<p><b>10 AM – 11:30 AM</b> <i>Beginner's Numerology Class – How Numerology Assists with Life Purpose</i> by Cathy Thurman</p> <p><b>12:30 PM – 2 PM</b> <i>Beginner's Pendulum Dowsing Class (Includes Free Pendulum &amp; Charts)</i> by Cathy Thurman</p> <p><b>2:15 PM - 3:15 PM</b> <i>Potent Acupressure Points for Overall Wellness</i> by Cathy Thurman</p> <p><b>3:30 PM – 5:00 PM</b> <i>Balancing and Maintaining Your Boundaries Through The Art Form of Conversation</i> by Pat &amp; Cathy Thurman</p> <p><b>6 PM - 7 PM</b> <i>Yoga Nidra Class,</i> by Yoga Instructor, Natalie Perkins <b>(*Note: There is limited space for this Yoga event. Please reserve your spot via Email: info@myheroicheart.com)</b></p>	<p><b>10 AM - NOON</b> <i>Learn Donna Eden's Daily Energy Routine,</i> by Cathy Thurman</p> <p><b>1 PM – 3 PM</b> <i>Basic Energy Medicine Techniques for Your Pets,</i> by Cathy Thurman <b>(This class is for Pet Owners only. No pets please.)</b></p> <p><b>3:30 PM – 5:00 PM</b> <i>40-Minute Energy Balancer Demonstration</i> by Cathy Thurman</p> <p><b>6 PM – 8 PM</b> <i>Introduction to the Energies of Love</i> by Pat and Cathy Thurman</p>	<p><b>10 AM - NOON</b> <i>Learn Donna Eden's Daily Energy Routine,</i> by Cathy Thurman</p> <p><b>1 PM – 2 PM</b> <i>What Happens in Hypnosis - The Natural, the Unexpected, and the Just Plain Weird</i> by Hypnosis Practitioner, Joyce Hansen</p> <p><b>2:30 PM – 5:30 PM</b> <i>Crane Origami Art Workshop – Create and Leave with a Beaded Chain of Beautiful Paper Cranes For FREE</i> <b>(*Note: There is limited seating for this Art event. Please reserve your seat via Email: info@myheroicheart.com)</b></p> <p><b>5:30 PM – 7:30 PM</b> <i>Questions &amp; Answers About the Wellness Center</i> with Pat &amp; Cathy Thurman</p>

**HEROIC HEART, LLC. GRAND OPENING**  
4625 E. BROADWAY BLVD. , Tucson, AZ 85711  
FEBRUARY 8 – FEBRUARY 15, 2020  
WEBSITE: [myheroicheart.com](http://myheroicheart.com) EMAIL: [info@myheroicheart.com](mailto:info@myheroicheart.com)

*Come join us on the NW corner of Swan & Broadway!*

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