10 Ways to Nourish Yourself and Feel Good

November 12, 2014 at 7pm
Ararat Center @ 3347 N. San Fernando Rd

To live a healthy and happy life there are hundreds of suggestions and recommendations, but where do we start?

What are the simple steps to actually get you started on your journey?

Steps that once you start and see the results you would want to keep going!

Dr. Stella Baghdasarian is a lifestyle health coach who has studied at the Institute of Integrative nutrition, New York. After graduating from USC dental school and practicing dentistry for 19 years, she decided to stop her career in dentistry due to health issues. Through her passion to find answers to her health problems she found her new life pursuit in becoming an integrative health coach. Working side by side with other health professionals Dr. Stella helps her clients incorporate healthier lifestyle choices.