

SPECIAL PROGRAMS

WORKSHOP SERIES



Saturday Class
October 4, 2025
10:00am–11:15am



PRESENTED BY:

WHOLE-HEARTED BEAUTY: SCIENCE, SKINCARE & STRENGTH

A Community wellness experience.

WORKSHOP DESCRIPTION

Cost: \$27 per person (chair massages, take-home wellness goodie bags & discount offers)

Setting: Small group Workshop

Ages: 12+ (preteens & teens are welcome)

Location: WW Public Library/Community Room
17400 Westfield Blvd.
Westfield, IN 46074



Dr. Michelle Gilliatte
Family & Obesity Medicine

SOMAVIE
WELLNESS CENTER
& MED SPA

PROGRAM SCHEDULE

Welcome & check in

Brief introductions to SomaView Wellness Center & Med Spa by Dr. Michelle Gilliatte and Heart Forward MD by Dr. Anne Ford, Cardiologist

Session 1: How to build a Heart Healthy lifestyle (without giving up everything you love!) The Truth about Exercise: A little bit goes a long way

Session 2: Glow & Flow-Wellness Beyond the Mirror

Break out Session: Q&A with both docs



Dr. Anne L. Ford
Cardiology

 **HEART
FORWARD MD**

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