



# SIMPLY HEALTHY

WEDNESDAY, 19TH OF FEBRUARY 2020, 7.00 PM

The lecture highlights the importance of Omega-3 fatty acids for our cellular health. Learn how Omega-3 and Vitamin K2 can create the foundation of your health.

Length of the lecture: 45 minutes.

Sign-up via E-Mail to  
[anja@studio12-munich.com](mailto:anja@studio12-munich.com)

## **ANJA RIESENBERG,**

Owner of Studio.12 Munich, therapist for KPNI (Clinical Psycho-Neuro-Immunology) and alternative practitioner.

## **INGRID BERGER,**

Graduate biologist, sports trainer, gathered many years of experience in drug development, and trainer for mindfulness and resilience.

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POSSARTSTRASSE 12 . 81679 MÜNCHEN

+49 89.47 07 87 54 . [INFO@STUDIO12-MUNICH.COM](mailto:INFO@STUDIO12-MUNICH.COM)

[STUDIO12-MUNICH.COM](http://STUDIO12-MUNICH.COM)