



live life well.



## TIP OF THE WEEK

Quotes by Flavia

**DESTINY** is ours to create,  
it is a living masterpiece designed by the heart.

**FAITH** shows us,  
that each new dawn can be the morning of our lives.

**LOVE** is the beauty we take with us wherever we go.

**WISDOM OF THE HEART...**The road goes in many directions.  
Whichever path you choose, let your heart lead the way.

For more healthy tips from The Heart-Source Center go to  
<http://heartsourcecenter.com/Tip-of-the-Week>