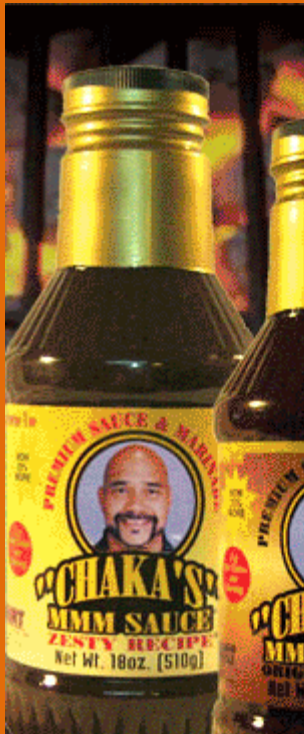


Healings in Motion *presents*

Thursday, October 22, 2009

CENTRAL VALLEY  
RECOVERY, AWARENESS, PREVENTING STROKES

“My life was halted by a Stroke, but not Ended!”  
*An inspirational story of perseverance and faith*



“CHAKA”

Businessman, Philanthropists and Entertainer

“CHAKA”'s famous MMM marinating sauce is distributed around the world and enhances any meal from a tender steak to a salad. “CHAKA” has developed the ability to communicate and bring comfort to people at all social economic levels and positions. He always speaks from his heart and works to reach out to help others. Through his company, Raymik, Inc. “CHAKA” has flourished as a brand name for other products that you see in your local supermarket. With a busy schedule “CHAKA” always finds time to reflect on how close he came to dying from a stroke and he never forgets how fortunate he is to be able to live, and he really lives!

Come feel his energy of gratitude, a little afternoon cheer and inspiration? Don't miss this month's CV-RAPS program for information, laughter and fun!  
**Note: This will end this year's CV-RAPS programs.**

hosted by

Health Plan of San Joaquin  
7751 S. Manthey Road  
French Camp, CA 95231

(just South of SJ General Hospital)

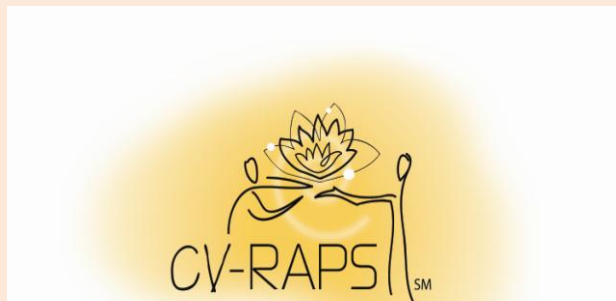
Donation  
\$15.00

\$5.00

Stroke Survivors, Caregivers  
and Veterans with TBI

The October program ends our 2009 CV-RAPS program. Mark your calendars for next year. Thank You!

Our January speaker is Michael Susca, PhD., Speech-Language Pathologist, Associate Professor at the University of the Pacific



Central Valley - Recovery • Awareness • Preventing Strokes

Food is provided based on reservations. Please call to register at 209-234-2802 or [www.healingsinmotion.com](http://www.healingsinmotion.com)

Remember the 2<sup>nd</sup> Annual

“Caring for the Caregiver”  
Symposium

Hosted by First Baptist Church  
Saturday, November 14, 2009  
Registration begins at 8am

Tai Chi for Caregiving, Brain Exercises, Continental Breakfast, Keynote Speaker, Workshops, Demonstrations and a Luncheon Speaker. For more information go to [www.healingsinmotion.com](http://www.healingsinmotion.com)

Cost: \$25.00