

DOP KRONOS #188  
CORDIALLY INVITES YOU TO OUR  
WOMEN'S HEART AWARENESS EVENT  
WITH OUR SPECIAL GUEST SPEAKER

*Peter Kofitsas*

We invite you to join us in our collective journey toward improved well-being through informed nutrition, mindful awareness, and regular fitness routines.

Extend this invitation to your family and friends, as together we can foster healthier lifestyles and enhance our overall quality of life.

TUESDAY, FEBRUARY 18 AT 7PM  
ST. GEORGE GREEK ORTHODOX CHURCH  
FR. JOHN AND PRESVYTERA MARGARET  
ORFANAKOS FELLOWSHIP HALL

JOIN US FOR AN INSPIRING LECTURE  
WITH WINE AND CHEESE AND RAFFLES!  
WIN PRIZES FEATURING  
A LIFE COACHING SESSION WITH  
PETER KOFITSAS AND A  
LUXURIOUS FUR-TRIMMED CAPE  
RSVP AT [DOPKRONOS@GMAIL.COM](mailto:DOPKRONOS@GMAIL.COM)



Peter Kofitsas MS, PT is a Speaker, Author, International Life & Health Coach, Culinary Nutritionist, Physical Therapist, Food/Restaurant Consultant, and former Scholarship Football Athlete. He's also been called, "The Missing Link" in employee wellbeing. As an expert for the media, he has appeared on ABC, FOX, MSN, TLC, and in Fitness magazine. He's the author of 3 books, including, Shop, Cook, Eat. He's also the creator of the 5 Minutes to Fitness+ Program, a revolutionary lifestyle program for achieving optimal health which has been featured on QVC and FOX. He's been helping companies assist their employees in being healthier and finding balance during the Covid-19 pandemic.