

Two awesome opportunities for FREE educational workshops !

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free

PELVIC FLOOR WORKSHOP

with Florina

Join us as Florina Tusa-Wyss, swiss physical therapist and ergonomist, guides us through the anatomy and function of the pelvis. she will explain and share exercises that are vital to the maintenance and strength of a healthy foundation.

SATURDAY OCTOBER 24
2-4:00 PM

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FREE

Essential Oils
EMOTIONAL WELLNESS WORKSHOP

Presented By:
Asha McLaughlin and Missy Kerner

SUNDAY OCTOBER 25

2-3:30PM

JOIN US THIS WEEKEND!

STAY CONNECTED:

