

# HEALTH MIND SPIRIT

2016



*This specialty guide features fitness tips, healthcare advice, kids' health solutions, helpful advertising, valuable special offers and more, making it a great place to start your journey toward a healthier and happier lifestyle.*



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- UPCOMING EVENTS:**
- Feb. 3: Medicine Wheel Meditation
  - Feb. 6: Spiritualist Luncheon
  - Feb. 7: Valentine Couple's Massage
  - Feb. 9: FREE TALK - Intro to Full Body Reflexology
  - Feb. 10: Vision Board & Manifest Workshop
  - Feb. 14: "Looking for Love" Crystal Workshop
  - Feb. 16: FREE TALK - "Parasites Within Us"
  - Feb. 16: Lymph Drainage Massage Available

**WELLNESS DAY**  
Sat., February 13, 2016 - 10 to 4  
FREE ADMISSION  
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**SAVE THE DATE!**  
Inner Peace Holistic Expo - April 9 & 10  
Located: Hamburg Field House

- Feb. 18: Mediterranean Cooking Class
- Feb. 20: Angelic Attunement Meditation
- Feb. 20: Reiki Share
- Feb. 21: Crystal Wire Wrapping Class
- Feb. 23: Live Blood Analysis
- Feb. 23: FREE TALK - "Let's Talk Energy"
- Feb. 24: Crystal Grid Class
- Feb. 24: Acupuncture Appointments Available
- Feb. 27: Feng Shui Class

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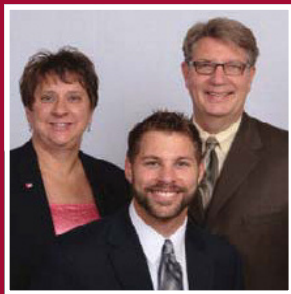
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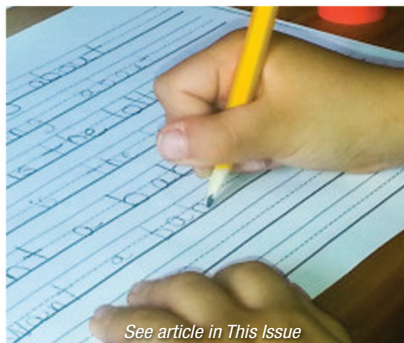
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**Upcoming Events:**

**Feb. 13, May 14 & Aug. 13**  
10am to 4pm  
**WELLNESS DAY**  
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**Feb. 16** 6:30pm  
**Free Talk Tuesday**  
with **Nick Kleinsmith**  
**PARASITES WITHIN US**  
Don't miss this class!

**Feb. 18** 6:30pm  
**Mediterranean COOKING CLASS**  
with **Nick Kleinsmith**  
\$15.00pp, Reservations Required

**Feb. 23** 6:30pm  
**Free Talk Tuesday**  
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**March 13 ~2 EVENTS!~**  
10am to 1 pm, \$75pp, Reservations Required  
**FOOT REFLEXOLOGY CLASS**  
2pm to 4pm, \$40pp, Reservations Required  
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**April 9 & 10 - 10am to 6pm**  
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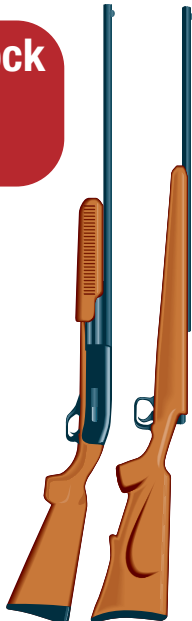
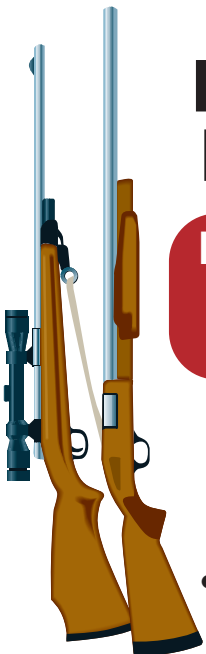
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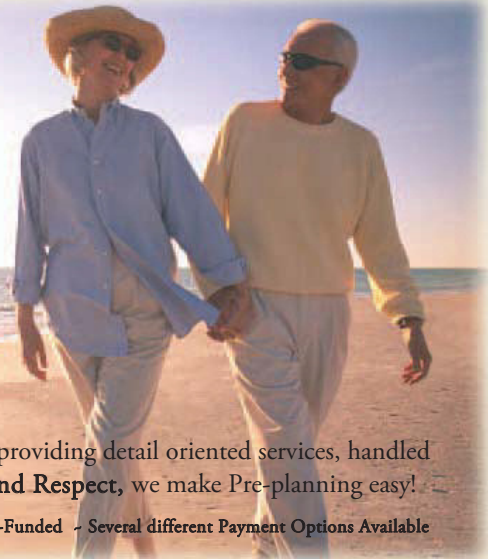
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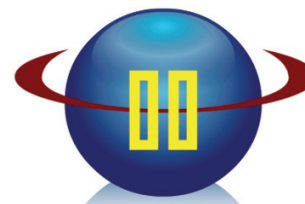
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