

## Community Happenings @ 9th St. Wellness Center Monday, Sept 22 – Saturday, Sept 27

Written by GBP Staff

Friday, 19 September 2014 16:12 - Last Updated Friday, 19 September 2014 16:17

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**GREEN BAY** - The 9th St. Wellness Center has announced the following activities and events for the week of Monday, September 22 – Saturday, September 27, 2014.

Carpooling sign-up list from Appleton/Neenah/Oshkosh and surrounding areas! Please call or email to the 9th St. Wellness Center if interested in attending our events in Green Bay but wanting to share transportation with others. More FUN with Less Expense for everyone.

Sign-Up your child for FALL SATURDAY CLASSES AND 9TH STREET FARMHOUSE CLUB MEMBERSHIP from 9-11am and 1-3pm to Experience 8 Dimensions of Wellness (2 hour classes and Club-all supplies and materials included)

“Where Great Kids Grow” where we Cultivate Confidence! (See [9thstwellness.com](http://9thstwellness.com) link to Grassroots Wellness Development for details!)

1.Art for the Heart 2.Good vs Bad 3.Relax and Cope 4.Cook/Look/Feel Good 5.Save our Earth 6.Sweat to the Beat 7.Plan Community Payback 8.Core Values/Ethics

SEE ALL THE FUN AT OUR GRAND OPENING OF THE 9TH STREET FARMHOUSE WITH PICTURES ON FACEBOOK AND THE BLOG!

Blogspot: <http://9thstreetwellnesscenter.blogspot.com/>

Facebook: <https://www.facebook.com/pages/9th-Street-Wellness-Center/449884658427280>

Monday, September 22

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10:15am Zumba paid class with Paul \$5 Must RSVP

2-6pm Reiki Special 30min.-\$20 appt. call Kathy Gass

5:30-7pm FREE Book discussion "You Are The Placebo Effect by Dr. Joe Dispenza) with Rev. Linda Losey, 983-0713.

7-8pm FREE Meditation with Shane 349-7773

Tuesday, September 23

9:15 am with Rebecca Derenne only \$10 per person

GREAT FOR SENIORS to help with balance try!!!!

Kundalini Yoga for Strength ~ Stability ~ Serenity

Must call and experience for yourself 490-9699

9-8 pm Cathy Allen LPN, Cert. Reflexologist (New Clients)

Feet & Hands 20 min. for \$15 must RSVP

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10-12noon Acupressure with Shirley Vanden Elzen. Special Rate! \$45 a hr. must RSVP

2-6pm Private Readings Veronica Young appt's paranormal 15/\$25, 30/\$40, 45/\$50, 60/\$65  
call 366-0690

5:30pm FREE Meditation with Master Shane 349-7773

6-8 pm Workshop to learn all about your CHAKRA'S with Veronica Young-Native American  
Medicine teacher \$35.00 (includes supplies, prize drawings, readings) call Veronica to RSVP  
366-0690

Wednesday, September 24

9-12 Cathy Allen LPN, Cert. Reflexologist (New Clients)

Feet & Hands 20 min. for \$15 must RSVP

2-6pm Chair massage 20min. for \$15 with Karen Rude-Pierce LMT 327-3353-must RSVP

3-6pm \$20-30min. Reiki with Kathy Gass 562-2686 must RSVP

3-6pm Laurie Stimpson, Intuitive Consultant \$20 for 30 min. (New Clients Only) Reg.  
15min/\$20, 30min/\$40, 60min/\$75 call for appt's 321-4066

6-8pm Animal Telepathic Communication with Debora Poynter call 499-2512

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6-8pm FREE Intro to Essential Oils with DIY Workshop presented by Ann McCotter 737-5932

Thursday, September 25

9-1pm Clinic for Energy Healing with Shane (Balancing and Clearing) \$20 for 30min. must RSVP

5-7pm Ioncleanse (feet) with Dixie Vanden Plas \$35 must RSVP

6pm NO CLASS THIS WEEK Sorry Kundalini Yoga and Gong with Rebecca (Gian Jiwan Kaur) \$15 RSVP Private/Group sessions.

6-9pm Clinic for Energy Healing with Master Shane (Balancing and Clearing) \$20 for 30min. 349-7773

Friday, September 26 OPEN FOR CLASSES and APPOINTMENT'S

Saturday, September 27

9-11am Children's class ages 6-7-8 and 1-3pm ages 9 and older

Emotional and Fitness Wellness (Relax and Cope)

Kundalini Yoga with Rebecca Derenne

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10-12am FREE Intro to Essential Oils with DIY Workshop presented by Ann McCotter  
737-5932

9-5pm Private Hypnosis apt's \$50 per session after the 1st session which is no charge Call  
Greg 664-1520

Save the date: October is National Cancer Awareness Month

Wellness Fair Saturday, October 18th from 10am-4pm

Karen Stoehr

9th Street Wellness Center

1028 Ninth Street

Green Bay, WI

920-490-9699

[www.9thstwellness.com](http://www.9thstwellness.com)

[email@9thstwellness.com](mailto:email@9thstwellness.com)

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