

## Community Happenings @ 9th St. Wellness Center Nov. 24 - 29

Written by GBP Staff

Friday, 21 November 2014 12:57 - Last Updated Friday, 21 November 2014 13:05

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**GREEN BAY** - The 9th St. Wellness Center has announced the following activities and events for the week of Monday, November 24 – Saturday, November 29, 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 Wellness Fair in Green Bay but wanting to share transportation with others. More FUN with Less Expense for everyone.

Are you ready to be published? 9th St. Wellness Center is putting together a cook book of Tasty, Healthy Recipes! This cook book is a fundraiser for the children participating in Camp at the 9th St. Farmhouse this summer 2015. Submit your recipes today and become famous! Please drop off or email!

A Special Thank You to our Speakers and Practitioners who made our Deer Hunter Widows Day a success!

Monday, November 24

9am-9pm Emotion Code Clearing Sessions with Coral Sheedy, \$15 Special Identify and Clear blockages, conscious or unconscious, that are getting in the way of creating the life that

you want. By appointment only call 264-7609.

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

2-6pm Jin Shin Jyutsu 30min. for \$30 1-hour for \$50 must RSVP Barb. Bernard at

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468-3181 A gentle light touch therapy to harmonize body-mind-spirit.

2-6pm Angel Card Reading 30min. (New Clients \$20 for 30min.) Reg. \$15/15min.  
\$30/30min. \$60/60min. call RSVP to Barb. Bernard to 468-3181

Find out what your Angels want you to know

5:30-7pm FREE Book discussion "The Prosperous Heart by Julie Cameron" with Rev.  
Linda Losey, 983-0713.

7-8pm Bodhi Yuj Meditation Monday, even for those that think not. Develop  
self-awareness, condition the mind, and integrate all parts into one. Master inner stillness and  
become the

I of the storm. Empower yourself now! Call Master Shane 349-7773

6:30-8:30pm FREE ESSENTIAL OILS AND PROACTIVE FAMILY HEALTH SERIES

(Hormones Men and Women)

Essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits. Modern trends towards more holistic approaches to self-care and growing scientific validation of alternative health practices are driving a rediscovery of the profound health benefits of essential oils. Many have powerful cleansing properties and are naturally antimicrobial. Their unique chemical structure allows them to pass directly through the skin for immediate systemic response to topical application. Certain oils may also be used as dietary aides to promote vitality and well-being.

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During this class we will talk about the hormonal issues facing women and men today. There will be a discussion of natural alternatives to reclaiming hormonal balance and weight management utilizing essential oils and nutritional supplementation.

Dr. Lynn Thompson started her career as a Medical Technologist, but after suffering near-fatal car accidents, she found that the treatments and pharmaceuticals had taken a serious toll on her health. She set out to find natural options for regaining her health and ended up changing her career path. She holds doctorates in Chiropractic, Naturopathic, and Homeopathic Medicine. She is currently working on two additional Doctorates in Integrative Medicine and Quantum Medicine. Dr. Lynn resides in Osseo, Wisconsin, where she practices natural medicine at her private clinic. Join us for this very special class!!! Must RSVP 490-9699

Tuesday, November 25

9:15 am        Kundalini Yoga for Strength ~ Stability ~ Serenity with Rebecca Derenne, only \$10 per person. GREAT FOR SENIORS to help with balance try!!!!

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

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

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

6-8pm        Class with Veronica Young (Learn the Interpretation and Meaning of Tarot Cards) \$35 per person Call 366-0690

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5:30-7:30pm FREE intro to Essential Oils with DIY Workshop presented by Ann McCotter  
727-5932

6:00-8:00pm Channeling with Laurie Stimpson \$20.00 Call to register to 490-9699 or  
321-4066

Wednesday, November 26

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 (New Clients only) 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 at 321-4066

Thursday, November 27 *HAPPY HEALTHY THANKSGIVING TO ALL!!!!* Closed

Friday, November 28

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Saturday, November 2