

## Community Happenings @ 9th St. Wellness Center, Dec 22 - 27

Written by GBP Staff

Friday, 19 December 2014 15:34 - Last Updated Friday, 19 December 2014 15:51

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

NOW!! Taking orders for our 1st Healthy Recipe Book!! Only \$10 This is a Great Gift for Everyone!!

This cook book is a fundraiser for the children participating in Camp at the 9th St. Farmhouse this summer 2015.

### Monday, December 22

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 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 Barb. Bernard to RSVP 468-3181

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Find out what your Angels want you to know

5:30-7pm      FREE Book discussion "The God Code by Gregg Braden" 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

### **Tuesday, December 23**

9:15 am      Kundalini Yoga with Rebecca Derenne only \$10 per person for Strength ~ Stability ~ Serenity 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 By Apt. Only 9-12am

### **Wednesday, December 24**

9-12noon      Cathy Allen LPN, Cert. Reflexologist (New Clients) Feet & Hands 20 min. for \$15

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must RSVP

9-12noon      Jean Groeneveld massage

**Thursday, December 25 CLOSED**

MERRY CHRISTMAS AND PEACE ON EARTH

**Friday, December 26☐ CLOSED**

**Saturday, December 27☐ OPEN TAKING APT. FOR ALL PRACTITIONERS**

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

**Monday, December 29☐ SPECIAL GUEST From New Jersey visiting family for the Holidays!**

7-8:30p.m. Mindful Living - New Year, New You!

\*Do you have the courage to be present in your life every day?

\*Are you mindful of your thoughts and actions or are you overloaded with activities

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\*Having a hard time finding time for yourself?

Cultivating mindfulness is a key to overcoming stress and suffering while recognizing natural wisdom stored within. Be a catalyst for change and come to learn how you can clear your mind of distractions and identify areas where you might be out of balance. During this special workshop I will show you techniques that allow you to help transform your well-being. Come relax, learn and have FUN!

Rena Esposito will lead this discussion during her limited engagement in Green Bay. 9th Street Wellness center is offering this lecture complimentary to you as part of your wellness journey! In lieu of payment, we ask for a donation of \$10 for the Grassroots Wellness Development "Where Great Kids Grow". Sign-up today, space is limited.

Call Karen at 920-490-9699

About our guest speaker: Rena is a lifelong proponent of wellness who has always sought natural methods that encourage the body to heal from within. She is a certified IGM® Therapeutic Acupressure practitioner (CPC, CPI) with advanced training from Isabell Gatto in New Jersey. She is also trained in neuromuscular reprogramming. She has studied with international speakers of metaphysics and parapsychology, herbology, homeopathy, and Tai Chi. Prior to becoming a practitioner, she earned a Bachelor Degree in Communications and a Master's Degree in Public Administration.