



July 2017 Healthy Seminars

Alexander Technique

Learn how to use your body naturally, conserve energy, reduce and prevent back and neck pain and improve breathing voice and posture. Feel more energized and positive!!

Presented by: Gary Adelman, Certified Instructor

Huntington: Monday, July 3rd 7:30-8:30pm

How to Stay Young your First 100 Years!

Work on your health after it's lost? Or before? Learn a Proactive Approach!

Learn the difference between reactive care and proactive care. Is it better to work on your health as you go? Learn how to keep good health as long as possible.

Presented by: Dr. Neil Donohue, DC & Wellness Consultant

Hampton Bays: Thursday, July 6th 6-7pm

What your Doctor hasn't told you about Cholesterol!

Find out what causes high cholesterol and learn how to lower it with medication. Discover the many important distinctions between the various types of blood cholesterol, their health risks, and how they can be improved naturally!

Presented by: Dr. Joseph Debe', Board Certified Nutritionist
Oceanside: Thursday, July 6th 7-8pm

Reiki/Meditation Seminar

Join Patti Alessi Reiki Master teacher and learn the benefits of Reiki, followed by a guided meditation and mini-Reiki session. A beautiful blend!

Presented by: Patti Alessi, Reiki Master Teacher
Hampton Bays: Monday, July 10th 12-1pm

Eating Ayurvedically for the Summer!

Join Linda Varady Berman and learn the Ayurveda principles around food & food preparation for Summer meal planning!

Presented by: Linda Varady Berman, Ayurveda Practitioner

West Islip: Tuesday, July 11th 7-8pm

Oceanside: Wednesday, July 19th 7-8pm

Huntington: Tuesday, July 25th 7-8pm

What Position does the Chiropractor play in Sports?

Find out how to have all of your ability to function available. Learn how to achieve your peak performance and to be able to play your whole life.

Presented by: Dr, Neil Donohue, DC & Wellness Consultant

Hampton Bays: Tuesday, July 11th 12-1pm

Arvigo Techniques of Mayan Abdominal Massage

The Arvigo techniques of Maya Abdominal Therapy help to restore the body to its natural balance by correcting the position of organs that have shifted and restrict the flow of blood, Lymph, nerve and chi energy.

Presented by: Graciela Goldental-Stoecker, LMT

Huntington: Thursday, July 13th 7-8pm

Hampton Bays: Thursday, July 20th 7-8pm

What's going on in Your Belly?

Belching, bloating, abdominal pain, are most often not life threatening conditions. Learn about some special tests that can reveal the underlying causes, the elimination diet and the side effects of acid blocking medications.

Presented by: Dr. Joseph Debe', Board Certified Nutritionist

West Islip: Thursday, July 13th 7-8pm

Free Wellness Screening

Dr. Debe', Board Certified Nutritionist practicing in Rockville Centre, will be doing tests for toxicity, zinc deficiency and biological age. He will also measure body fat, muscle mass and more. Sign up for a 10 minute slot!

Presented by: Dr. Joseph Debe', Board Certified Nutritionist

Oceanside: Saturday, July 15 12-3pm

Reiki...The Healing Technique

Join Terry Corr, Reiki Master and learn how the ancient healing technique of Reiki balances your physical, emotional & spiritual self as a whole to restore the body for optimal health and overall well-being.

Presented by: Terry Corr, Reiki Master

Oceanside: Sunday, July 16th 11am-12:00pm

Genetic Nutritioneering-Outsmart your Disease Genes!

Just because a disease runs in the family doesn't mean you have to be a victim. Learn about new genetic non-invasive lab tests and how to improve health and prevent disease.

Presented by: Dr. Joseph Debe', Board Certified Nutritionist

Oceanside: Thursday, July 20th 7-8pm

Doctor if my tests are normal, why do I feel so bad?

Just because a disease runs in the family doesn't mean you have to be a victim. Learn about new genetic non-invasive lab tests and how to improve health and prevent disease.

Presented by: Dr. Joseph Debe', Board Certified Nutritionist

Oceanside: Thursday, July 27th 7-8pm

Meditation Seminar

Come learn techniques to remove stress from your life!
Followed by a guided meditation that will leave you feeling
relaxed and inspired!

Presented by: Terry Corr, Reiki Master & Certified
Meditation Facilitator

West Islip: Sunday, July 30th 11am-12:00pm