



APRIL 2017 HEALTHY SEMINARS

Archangels 101

Come learn about these angelic beings. This beautiful class will show you how the Archangels can offer us divine guidance in each area of our lives. There will be a meditation to connect to an Archangel and everyone will receive a personal message from one of the Archangels. A class not to miss!

Presented by: Terry Corr, Angelic Intuitive

West Islip: Saturday, April 1st 11am-12:00pm

Oceanside: Saturday, April 8th 11am-12:00pm

Stress Management

We all have stress in our lives and frankly we all need stress to live. It is how we respond to stress that affects our health. Join Dr. Bruce Kesten as he explores natural options for reducing stress. Be ready to enhance your quality of life!

Presented by: Dr. Bruce Kesten, DC & Applied Kinesiologist

Oceanside: Tuesday, April 4th 7:15-8:15pm

How to Stay Young....Aging gracefully!

Come find out how to preserve mobility and age gracefully. Being healthier as we age and more active is the key to aging gracefully!

Presented by: Dr. Allen Kaplan, DC

West Islip: Tuesday, April 4th 7-8pm

How to Stay Young your First 100 Years!

What is the most common cause of loss of mobility? Spinal Related Conditions!

Learn how with some simple procedures to avoid the most common cause of functional disability in persons over 50 years of age.

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

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

What is 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

Oceanside: Thursday, April 6th 7-8pm

What Position does the Chiropractor play in Sports?

90 % of world class athletes use chiropractic, find out why?

Learn why professional football, baseball, hockey, tennis, golf soccer, entertainers and Olympic athletes use chiropractic both before and after their performance.

Some even travel with a chiropractor!

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

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

Weight Loss....How to Lose Weight Naturally!

Find out how to lose weight naturally, while maintaining better health! The focus will be on wellness and reducing inches!

Presented by: Dr. Allan Kaplan, DC

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

Natural Management of Autoimmune Disease!

Join Dr. Joseph Debe', Board Certified Nutritionist and learn about new lab tests that can identify contributing factors to autoimmune disease. Find out about natural treatments that can be employed without side effects.

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

Huntington: Thursday, April 13th 7-8pm

The Triad of Health!

Balancing Physical, Emotional & Nutritional Health!

Everyone wants balance in their life! But with the demands at work, home and family it can be a challenge. Find out how to release the physical, mental and chemical blocks which prevent you from living life to the fullest.

Presented by: Dr. Bruce Kesten, DC & Applied Kinesiologist

Oceanside: Tuesday, April 18th 7:15-8:15pm

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

If your lab tests are normal but you don't feel well, something is wrong! Is it all in your head? Or is it possible the right tests were not done? Join Dr. Joseph Debe', Board Certified Nutritionist and learn the top new lab tests that can solve even the toughest of health puzzles.

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

Oceanside: Thursday, April 20th 7-8pm

Meditation Seminar

Come learn techniques to remove stress from your life. Join us in a guided meditation that will leave you feeling relaxed and inspired!

Presented by: Terry Corr, Meditation Facilitator

Huntington: Saturday, April 22nd 11am-12:00pm

Keep Your Heart Healthy!

Learn ways to maintain a healthy heart with proper food choices, nutritional supplements and a healthy lifestyle. Come learn how keep cholesterol, blood sugar and blood pressure at healthy levels.

Presented by: Pati Smith, Nutritional Consultant

West Islip: Thursday, April 27th 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.

Presented by: Patti Alessi, Reiki Master

West Islip: Thursday, April 27th 12-1pm

Hampton Bays: Friday, April 28th 12-1pm