



2018 Healthy Seminars

"The 8 Essential Steps for achieving your Wellness Goals"

Join Jenn LaVerdera Registered Dietitian, and learn about the eight factors to promote overall wellness. Both physical and mental that can help you meet any goal. You will learn about nutrition, hydration, sleep, stress, exercise, mindfulness and goal setting with activities built in! Don't miss this lecture; it's the start of a new year, set your health goals!

Presented by: Jenn La Verdera, Registered Dietitian

Hampton Bays: Wednesday, January 3rd 7-8pm

The Truth about Manifestation!

Learn all the tools and guidance on how the Law of Manifestation really works! We will be discussing 5 healing steps that bring us back into energetic alignment with the self in order to feel empowered and on purpose in our lives.

Presented by: Denise Simone, Certified Intuitive Coach, Spiritual Advisor and Motivational Speaker

Oceanside: Wednesday, January 3rd 7-8pm

West Islip: Wednesday, January 10th 7-8pm

All you Need to Know about Detoxification

Toxicity is a real and significant public health issue, contributing to obesity, chronic fatigue, diabetes, autoimmune and more. Join Dr. Debe', and learn about natural and safe ways to detoxify.

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

Oceanside: Thursday, January 4th 7-8pm

How to Stay Young Your First 100 Years!

Exercising's vital role in your current and future mobility!

Learn how the body is made for motion all day long and all lifelong! Learn some simple secrets to keep you moving now and in the future!

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

Hampton Bays: Thursday, January 4th 6-7pm

Lose Weight by Eating Right for Your Blood Type!

Join Pati Smith Nutritional Consultant and learn how to eat right for your blood type! Please bring your questions!

Presented by: Pati Smith, Nutritional Consultant

West Islip: Tuesday, January 9th 7-8pm

How to Turn your Body into a Muffin Top Burning Machine!

Learn how 25 minutes of cardio and resistance training a couple of times a week can accelerate your ability to release those stubborn extra pounds!

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

Hampton Bays: Tuesday, January 9th 12-1pm

Simple Healthy Lifestyle Changes for Children & Parents!

This workshop is for both adults and children to attend together! Children can learn about living a healthy lifestyle and help their parents with meal planning. Let's get healthy for 2018!

Presented by: Angela Gladkowski, Certified Integrative Nutrition Health Coach

Oceanside: Tuesday, January 9th 7-8pm

Maximize your Metabolism to Lose Weight!

Eat less and exercise more and you will lose weight! Not necessarily! Find out about new natural therapies, how to control appetite and food cravings, reduce body fat and speed burning of body fat! Don't miss this lecture!

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

Oceanside: Thursday, January 11th 7-8pm

Essential Oils!

Come learn about the many benefits of using Essential Oils in your everyday life! This will be a fun, informative, interactive class.

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

Oceanside: Saturday, January 13th 11am-12pm

West Islip: Saturday, January 27th 11am-12pm

Reiki/Meditation Seminar

Join Patti Alessi, Reiki Master Teacher and learn about the health benefits of Reiki. Join in on a guided meditation and mini-Reiki session. A beautiful blend!

Presented by: Patti Alessi, Reiki Master Teacher

Hampton Bays: Monday, January 15th 12-1pm

Find Freedom from Food

Break free from mindless habits and dieting circles and heal your relationship with food. We will discuss emotional eating, cravings and learn to eat more mindfully!

Presented by: Bonnie Bernich, Nutritive Coach

West Islip: Tuesday, January 16th 7-8pm

Natural Management of Autoimmune Disease

Learn what causes autoimmunity and why 75% of cases do occur in women. Learn about natural treatments that can be employed without causing major side effects.

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

Oceanside: Thursday, January 18th 7-8pm

What your Doctor hasn't told you about Cholesterol!

Find out what causes high cholesterol and learn how to lower it without 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, January 25th 7-8pm

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: January 27th 1-2pm

"Increasing Mobility" How to Stay Young...The First 100 Years!

Join Dr. Allen Kaplan, DC and learn how to increase your mobility and stay young longer!

Presented by: Dr. Allen Kaplan, DC

West Islip: Tuesday, January 30th 7-8pm