



2017 Healthy Seminars

Improve your Energy-A Natural Approach!

A natural approach to increasing energy and feeling better! This seminar focuses on having a strong immune system and not being so tired all the time!

Presented by: Dr. Allen Kaplan, DC

West Islip: Tuesday, May 2nd 7-8pm

Alexander Technique

Learn how to use your body naturally, conserve energy, reduce and prevent back and neck pain. Improve your breathing voice, posture and overall feel energized!

Presented by: Gary Adelman, Certified Instructor

Huntington: Wednesday, May 3rd 12-1pm

How to Stay Young your First 100 Years!

Already in Pain? Is it too late? Get your mobility back!

Learn about vitality extension and morbidity compression. Learn why pain is actually the last stage of a mobility problem not the first.

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

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

Is Leaky Gut Syndrome the cause of your Health Issues?

From depression to autoimmune disease, arthritis to diabetes, Leaky Gut Syndrome is a major contributing factor. Learn about the lab tests available and treatments for this syndrome.

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

Oceanside: Thursday, May 4th 7-8pm

Ayurveda Principles around Food & Food Preparations

Join us and learn about the principles of Ayurveda and how it can help balance our lives and start healing. Find out about Ayurveda and food preparations, bring your questions!

Presented by: Linda Varday Berman, Ayurveda Practitioner

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

Huntington: Tuesday, May 16th 7-8pm

Hampton Bays: Thursday, May 25th 7-8pm

The Knee Bone's connected to...the Intestines? A Holistic Approach!

The health of the joint is affected by the health of other parts of your body, including the digestive tract, immune system, adrenals and brain. Learn about some of the contributing factors to joint pain and how to get on a program to get younger joints.

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

Huntington: Thursday, May 11th

Time: 7-8pm

Meditation Seminar

Come learn techniques to remove stress from your life. This seminar will be followed by a guided meditation that will leave you feeling relaxed and inspired.

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

West Islip: Saturday, May 13th 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, May 18th 7-8pm

A Nutritional Approach to Preventing Allergies

Learn how to prevent allergies with healthy food choices and nutritional supplements.

Presented by: Pati Smith, Nutritional Consultant

West Islip: Thursday, May 18th 7-8pm

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, May 21st 11am-12:00pm

Reiki/Meditation Seminar

Join Patti Alessi and learn the health benefits of Reiki followed by a guided meditation and mini Reiki session, what a beautiful blend!

Presented by: Patti Alessi, Reiki Master

Hampton Bays: Monday, May 22nd 5-6pm

What our Doctor hasn't told you about Cholesterol!

If you want a more thorough and empowering knowledge of cholesterol, you need to attend this lecture. Learn about the benefits and side effects of cholesterol lowering medications. Find out what causes high cholesterol in the first place.

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

West Islip: Thursday, May 25th 7-8pm