

February 2017 Healthy Seminars

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

West Islip: Wednesday, February 1st 12-1pm

Hampton Bays: Thursday, February 2nd 12-1pm

Getting to the Cause of Chronic Fatigue

What is necessary to predictably boost energy levels is, first of all, a respect for the complexity of the human body and the multitude of possible causes of fatigue. Thorough medical history, physical examine, blood work can sometimes uncover causes of chronic fatigue such as anemia, infection or hypothyroidism. Join Dr. Debe', to discuss the basics that can help uncover the causes of fatigue.

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

Oceanside: Thursday, February 2nd 7-8pm

How to Stay Young your First 100 Years!

Why Lose your Mobility at 45, Better at 105-Learn How to Keep it!

Learn how with a few minutes a day to improve and extend your ability to be mobile all of your life. Being outside and moving is a lot more fun than just sitting there looking out a window.

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

Hampton Bays: Thursday, February 2nd 6-7pm

Archangels 101

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

Presented by: Terry Corr, Angelic Intuitive

Huntington: Sunday, February 5th 11am-12:00pm

Functional Medicine Approach to Treating Depression

Join Dr. Debe' and learn about how depression can result from some combination of nutrient deficiencies, junk food, food sensitivities. Stress, toxicity, lack of exercise, hormonal imbalances, etc.

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

West Islip: Tuesday, February 7th 7-8pm

Master your Message-Create the Life you Deserve!

You have a story to tell, life lessons to teach and a message to share with the world that change lives. The key to making your message impactful is to share it from a place of passion and inspiration, join us and learn how to transform your life in every single area.

Presented by: Carla Trigo, Educator

Huntington: Tuesday, February 7th 7-8pm

Oceanside: Tuesday, February 21st 7-8pm

West Islip: Tuesday, February 28th 7-8pm

Complete Guide to Balancing Women's Health Naturally!

Are you tired? Do you feel cranky? Do you have trouble falling asleep or have interrupted sleep? Join Dr. Thomas Ianniello and learn about how balancing your hormones can improve your energy, quality of sleep and overall mood! Find out about the cause of symptoms that occur during menopause and PMS. Learn how he evaluates women through multiple methods.

Presented by: Dr. Thomas Ianniello, DC

West Islip: Wednesday, February 8th 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, February 9th 7-8pm

February is Healthy Heart Month!

Learn ways to maintain a healthy heart with proper food choices, nutritional supplements and a healthy lifestyle. Keep cholesterol, triglycerides, blood sugar and blood pressure at heart healthy levels to achieve optimum health including exercise and stress control.

Presented by: Pati Smith, Nutritional Consultant

West Islip: Thursday, February 9th 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: Saturday, February 11th 11am-12:00pm

What Position does the Chiropractor play in Sports?

How would you like to increase your performance by 10 percent?

Learn what a difference a ten percent increase in performance can be. This is for both the professional athlete and all others who enjoy any level of activities.

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

Hampton Bays: Tuesday, February 14th 12-1pm

What's Going on in your Belly?

Belching, bloating, abdominal pain are most often not associated with life threatening conditions. Learn about tests that can reveal the underlying causes of conditions like gastro-esophageal reflux, irritable bowel syndrome, Crohn's disease and Colitis.

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

Huntington: Tuesday, February 16th 7-8pm

Iridology-An Alternative Medicine Technique

Learn how this science can reveal valuable information about your body constitution, its inherent weaknesses, levels of health and more!

Presented by: Janice Pizzonia, Detoxification Specialist

West Islip: Thursday, February 16th 7-8pm

The Benefits of Hypnosis... Using Self Hypnosis!

Join certified hypnotist, Theresa Ceruti, as she explains hypnosis and self-hypnosis and how it can be used for change and achievement of goals. She will take you through a relaxing induction and demonstrate how we can empower ourselves when we are ready to achieve those goals.

Presented by: Theresa Ceruti, MS, Certified Consulting Hypnotist

Hampton Bays: Wednesday, February 22nd 12-1pm

Winter Detox & Cleanse!

Join Janice Pizzonia, Detox Specialist and learn why and how to detoxify during the cold winter months to prepare our body for Spring!

Presented by: Janice Pizzonia, Detoxification Specialist

Huntington: Thursday, February 23rd 7-8pm

Genetic Nutrioneering-Outsmart your Disease Genes!

Just because disease runs in your family doesn't mean you need to be a victim. There are many potential versions of you locked within your genes. Learn about non-invasive genetic lab tests as well as treatments, largely natural approaches like diet and supplements to improve health and prevent disease.

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

Oceanside: Thursday, February 23rd 7-8pm

