



## **December 2017 Healthy Seminars**

### **Introduction to the 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:** Friday, December 1<sup>st</sup> 12-1pm

### **Functional Medicine Approach to Treating Depression**

Dr. Debe' will discuss the many factors that can contribute to depression. Learn about some of the causes: stress, food sensitivity, junk food, toxicity, and lack of exercise, hormone imbalances and more.

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

**Oceanside:** Sunday, December 3<sup>rd</sup> 1:30-2:30pm

### **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, December 4<sup>th</sup> 12-1pm

### **Health 101-Reducing Holiday Stress & Maximizing Health!**

Join Dr. Allen Kaplan DC and learn how to reduce stress during the holidays!

**Presented by:** Dr. Allen Kaplan, DC

**West Islip:** Tuesday, December 5<sup>th</sup> 7-8pm

### **Mindful Meditation Seminar**

Learn about this "hot topic" from a research and practical perspective! Join in on a guided meditation and exercises that can be practiced at home. Don't miss out on this seminar!

**Presented by:** Dr. Amanda Salazar, Psychologist

**Oceanside:** Wednesday, December 6<sup>th</sup> 7-8pm

**West Islip:** Tuesday, December 12<sup>th</sup> 7-8pm

**Huntington:** Thursday, December 14<sup>th</sup> 7-8pm

### **Super Immunity**

A fine-tuned immune system defends bacteria, viruses, yeasts, parasites and cancer cells but does not attack your own tissues or react to harmless allergens. Learn how to tailor your diet and lifestyle to most effectively battle infections, allergies, and cancer.

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

**Oceanside:** Thursday, December 7<sup>th</sup> 7-8pm

### **Eat Well & Be Holly Jolly!**

Learn what foods affect our moods so you don't suffer from the holiday blahs!

Watch what you eat on the holidays it can make you feel blue!

**Presented by:** Christine D'Angelo, Certified Nutritional Counselor

**West Islip:** Thursday, December 7<sup>th</sup> 7-8pm

**Huntington:** Tuesday, December 12<sup>th</sup> 7-8pm (Lecture Room is located downstairs)

### **How to stay young your first 100 Years!**

Strong legs, strong mind, Great Mobility, What is the Connection?

Learn the relationship between leg strength and mobility to a strong mind.

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

**Hampton Bays:** Thursday, December 7<sup>th</sup> 6-7pm

### **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, Certified Meditation Facilitator

**West Islip:** Saturday, December 9<sup>th</sup> 11am-12:00pm

### **What Position does the Chiropractor play in Sports?**

Would you want to sit in a chair or sit on a jet ski when you are older?

Learn to be as active as you want your entire life. Learn how to be the mom, dad, aunt who can still go on a jet ski instead of going to the movies.

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

**Hampton Bays:** Tuesday, December 12<sup>th</sup> 12-1pm

### **Genetic Nutritioneering-OutSmart your Disease Genes!**

Just because a disease runs in your family doesn't mean you have to be a victim. Learn about new non-invasive genetic lab tests, which can identify metabolic Achilles' heels.

Treatment approaches include diet and supplements that can help improve and prevent disease.

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

**Oceanside:** Thursday, December 14<sup>th</sup> 7-8pm