



## **2018 Healthy Seminars**

### **How to Stay Young your First 100 Years!**

Why lose your mobility at 45, better at 105, learn how to keep it!

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

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

**Hampton Bays: Thursday, February 1<sup>st</sup> 6-7pm**

### **What your Doctor hasn't told you about Osteoporosis!**

If you simply treat osteoporosis with medication without identifying and correcting the underlying causes, you may be at risk to diabetes, heart disease, stroke, cancer, arthritis and more conditions. Learn the causes of osteoporosis and the impact of high blood sugar and pH balance on bone health.

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

**Oceanside: Thursday, February 1<sup>st</sup> 7-8pm**

### **Chakra Meditation Seminar**

Experience a powerful guided Chakra meditation to bring balance and alignment to your inner energy system.

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

**West Islip: Saturday, February 3<sup>rd</sup> 11am-12:00pm**

### **Love Yourself Into Health!**

Did you know your negative self-talk is biochemically affecting your body and stopping you from letting go of unwanted weight. Discover how self-compassion and self-kindness can help you become your healthiest self while creating change with ease and without restriction.

**Presented by: Bonnie Bernich, Nutritive Coach**

**West Islip: Tuesday, February 6<sup>th</sup> 7-8pm**

### **Hypothyroidism-Diagnosis and Natural Treatment**

Find out the many causes of hypothyroidism and a natural program that can improve and sometimes restore normal thyroid function.

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

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

### **Integrated Energy Therapy**

Integrated Energy Therapy is a healing method that clears energy blockages in the body. Come learn how IET works with Angelic Spiritual Realm to open up and enhance the flow of vital life force within the human body and energy field.

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

**Oceanside: Saturday, February 10<sup>th</sup> 11am-12pm**

**West Islip: Saturday, February 17<sup>th</sup> 11am-12pm**

### **Intermittent Fasting, Jumpstarting your ability to Lose Weight!**

We were designed to go without food for extended periods. Learn to work with this inborn ability towards a skinnier and healthier you!

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

**Hampton Bays: Tuesday, February 13<sup>th</sup> 12-1pm**

### **February is Healthy Heart Month!**

Learn ways to maintain a healthy heart with proper food choices and nutritional supplements to lower cholesterol, triglycerides, blood sugar and blood pressure to achieve optimum health!

**Presented by: Pati Smith, Nutritional Consultant**

**West Islip: Thursday, February 15<sup>th</sup> 7-8pm**

### **The Knee Bones' connected to... the intestines? A Holistic Approach to Arthritis!**

The health of the joints are affected by the health of other parts of your body, including the digestive tract, immune system, adrenals and brain to name a few. Learn how an individualized natural program can help give you younger joints.

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

**Oceanside: Thursday, February 15<sup>th</sup> 7-8pm**

### **What's going on in your Belly?**

Belching, bloating, abdominal pain is 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**

**Oceanside: Saturday, February 17<sup>th</sup> 1-2pm**

### **Reiki/Meditation Seminars**

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, February 19<sup>th</sup> 12-1pm**

### **Reducing Anxiety through Meditation**

Life in today's world is stressful. People are anxious about their health, finances, relationships, their safety and work. Doctors and medical practitioners are promoting the benefits of meditation to relieve stress and anxiety. By sitting in meditation, we can calm the body and the mind. Through meditation we can cope with the stresses of life.

Meditation helps us replace anxiety with joy and peace. There will be a short meditation.

**Presented by: Rosanna Jimenez, Certified Holistic Health Counselor**

**West Islip: Wednesday, February 21<sup>st</sup> 6:30-7:30pm**

### **Getting to the Cause of Chronic Fatigue!**

Find out what the probable causes are of chronic fatigue. Thorough medical history, physical examination and routine blood work sometimes uncover causes of chronic fatigues such as anemia, infection or hypothyroidism. Come learn about what can be done to help uncover the causes of fatigue.

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

**Oceanside: Thursday, February 22<sup>nd</sup> 7-8pm**

### **Natural Spine Care & Screening**

Join Dr. Kaplan and learn about your spinal health and get a free screening!

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

**West Islip: Tuesday, February 27<sup>th</sup> 7-8pm**