

# HEALTH MIND SPIRIT

2016



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**UPCOMING EVENTS:**

- Feb. 3: Medicine Wheel Meditation
- Feb. 6: Spiritualist Luncheon
- Feb. 7: Valentine Couple's Massage
- Feb. 9: FREE TALK - Intro to Full Body Reflexology
- Feb. 10: Vision Board & Manifest Workshop
- Feb. 14: "Looking for Love" Crystal Workshop
- Feb. 16: FREE TALK - "Parasites Within Us"
- Feb. 16: Lymph Drainage Massage Available

**WELLNESS DAY**  
Sat., February 13, 2016 - 10 to 4

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**SAVE THE DATE!**  
Inner Peace Holistic Expo - April 9 & 10  
Located: Hamburg Field House

- Feb. 18: Mediterranean Cooking Class
- Feb. 20: Angelic Attunement Meditation
- Feb. 20: Reiki Share
- Feb. 21: Crystal Wire Wrapping Class
- Feb. 23: Live Blood Analysis
- Feb. 23: FREE TALK - "Let's Talk Energy"
- Feb. 24: Crystal Grid Class
- Feb. 24: Acupuncture Appointments Available
- Feb. 27: Feng Shui Class

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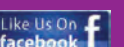
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**Upcoming Events:**

Feb. 13, May 14 & Aug. 13  
 10am to 4pm  
**WELLNESS DAY**  
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Feb. 16 6:30pm  
**Free Talk Tuesday with Nick Kleinsmith PARASITES WITHIN US**  
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Feb. 18 6:30pm  
**Mediterranean COOKING CLASS**  
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Feb. 23 6:30pm  
**Free Talk Tuesday LET'S TALK ENERGY**  
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March 13 ~2 EVENTS!~  
 10am to 1 pm, \$75pp, Reservations Required  
**FOOT REFLEXOLOGY CLASS**  
 2pm to 4pm, \$40pp, Reservations Required  
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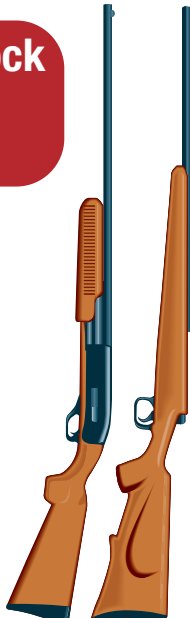
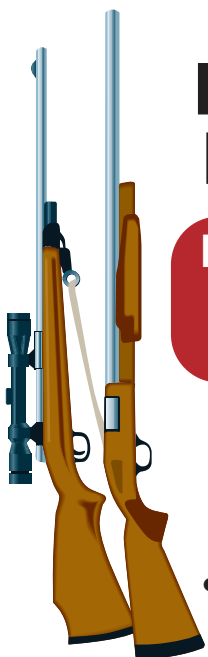
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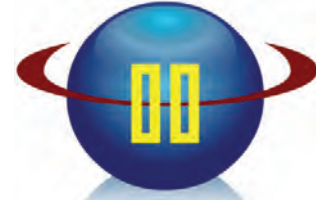
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