

## SNEAK PEAK 2018: THE YEAR OF YOU — HAPPY YOU YEAR!

### **Guided Meditation – A New Path**

Friday, January 5 • 10 to 10:30 a.m.

Led by Jill Setork

Explore what gifts this New Year has in store for you during this guided meditation that will take you on a beautiful forest path of self-discovery. Upon completing the guided imagery, you will be invited to write, draw or simply reflect upon your experience.

### **Yoga for the Emotional Body**

Monday, January 8 • 6 to 7 p.m.

Led by Judy Siek

In order for us to make room for something new, we must first release the old. This yoga class is designed to help purge unhelpful ways of thinking and open up new healthier possibilities. Through the use of breath work, visualization and restorative poses, this class offers a wonderful chance to reboot your mind and rejuvenate your spirit.

### **Setting Intentions Your Way**

Tuesday, January 9 • 6:30 to 8 p.m.

Led by Barbara Weigand, *Caring Arts*

Join us for an evening of vision defining and designing. Listen to live music and let the spirit of the class inspire you in selecting the intentions you have for the upcoming year through collage, journaling or drawing. This is an evening of peaceful purpose just for you.

### **Eating Clean in 2018**

Thursday, January 11 • 6:30 to 8 p.m.

Presented by Christy Kabbani, *Professional Chef and Licensed Food Handler*

Detox from all those unhealthy holiday foods naturally with purifying waters and cleansing dishes. Learn which foods help support a healthy immune system and how to use them in delicious ways!

### **Clean Out Your Makeup Bag!**

Wednesday, January 17 • 6 to 8 p.m.

Led by GERALYN O'BRIEN, *Oncology Certified Esthetician*

Cancer treatments and long term medications following treatment can bring on many different skin changes. Learn about the importance of choosing the right makeup based on your skin



type, tone and condition. Enjoy a fun, interactive class teaching tips and tricks of the trade to simplify and minimize what you use. Go home with a new look and samples. Start your New Year by cleaning out your makeup bag!

### **New Year Vibes – Sound Healing**

Thursday, January 18 • 6:30 - 7:30 p.m.

Led by Rodrigo Duque

*Healing Arts Metaphysical Center*

Experience the healing sounds of the gong. As the waves of sound vibrate through you, your body and mind are able to relax and surrender to the healing energies.

### **Wear What You Want**

Wednesday, January 24 • 1 to 2:30 p.m.

Led by Sandy LaBianco-Brown, *Reiki Master*

Join in this beading session to create a wearable statement of what you want to attract in the New Year. With the help of gemstones, words and symbolic beads you will take home a beautiful and motivating representation of your heart's desires.

### **Envision It!**

Thursday, January 25 • 6:30 to 8 p.m.

Led by Ashley Lach, *American Cancer Society*

A Vision Board can be a powerful tool for attracting the things you want in your life. Take part in the experience of constructing a symbolic image that can help keep you focused on your New Year goals.