

	Program Room 1		Program Room 2
10-10:45 a.m.	Essential Oils & Emotions with Vita Rubino, The Happiness Goddess Learn the power essential oils can have on our moods and emotional well being.	10:30-11:15 a.m.	Meditation with Tibetan Singing Bowls with Y.J. McParland
11-11:45 a.m.	Mindfulness for Weight Loss with Lee Kelly Stop counting calories, carbs or tallying points and start paying attention to the clues that your body sends you every day to guide your eating habits.	11:30 a.m.-12:15 p.m.	Massage Therapy and the Mind, Body, Spirit Connection with Michelle Ventura-Young, RMT
12-12:45 p.m.	Magnified Healing with Vibrational Energy with Debbie Young of Roots to Light Coaching Learn about this beautiful heart centered vibrational healing. Witness with your own eyes the transformational effects of this gift as one person receives a free healing.	12:30-1:15 p.m.	No Pain, No Pills: Osteopathy for Better Health with Juliana Balogh, OMSc. and RMT Learn how the customizable treatment principals of Osteopathy can lead to optimized health.
1-1:45 p.m.	No Mat, No Yoga Gear, No Problem! with Lee Kelly Learn yoga moves that you can fit into any day, no equipment required!	1:30-2:15 p.m.	Love Yourself Happy with Vita Rubino, The Happiness Goddess Take away quick, fun, easy and practical tools to begin taking the small steps to cultivating more self love in your life.
2-2:45 p.m.	Meditation with Ashley O'Connell, Reiki Master & Consulting Hypnotist Sit back and enjoy a few moments of relaxation and peace with a guided meditation.	2:30-3:15 p.m.	How to Set the Right Goal and Achieve it with Amy Jefferies Explore the importance of setting goals that inspire you and make you unstoppable! We'll discuss how, with the right mindset, we can avoid common pitfalls and expand our own potential.

Drop by a booth at our Wellness Expo from 10:00 a.m. to 3:30 p.m. and discover services from our wellness experts !

Everyone welcome. Free!