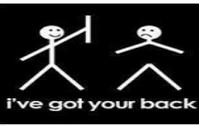
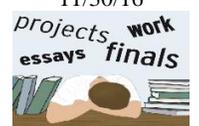


The Institute for Holistic Health Studies is excited to present **Wellness Wednesday Workshops** this semester! Professionals from on campus and in the community will present various topics related to YOUR health and wellness! We invite you to bring a light snack or a bagged lunch and join us. The Fall 2016 Wellness Wednesday Workshop schedule is outlined below. Contact Christel Autuori, the program coordinator ([autuoric@wcsu.edu](mailto:autuoric@wcsu.edu)), with any questions and to RSVP for any event.

**Fall 2016 Wellness Wednesday Workshops:**

Date	Time	Location	Description
9/14/16 	12:30 to 1:20	Midtown White Hall 127	<b>CHAKRADANCE</b> <b>KHRISTEE RICH, Life Coach, Reiki Master</b> - CHAKRADANCE® Specific music has been designed to balance each chakra. Enjoy the music and the movement and balance the chakras for better health - <a href="http://www.thedancingcurtain.com">www.thedancingcurtain.com</a>
9/28/16 	12:30 to 1:20	Midtown White Hall 127	<b>REFLEXOLOGY</b> <b>PATRICK LUCAS, Reflexologist Health Coach</b> - Benefits include stress reduction, relaxation, and renewal of physical and emotional strength - <a href="http://www.thewellnesspathways.com">www.thewellnesspathways.com</a>
10/12/16 	12:30 to 1:20	Midtown White Hall 127	<b>SLEEP ISSUES</b> <b>DR. MICHAEL MURPHY, D.C.</b> - Chiropractic treatment for back pain and headaches. Good health also involves nutrition, exercise, good sleep habits, and positive lifestyle - <a href="http://www.murphyfamilychiro.com">www.murphyfamilychiro.com</a>
10/26/16 	12:30 to 1:20	Midtown White Hall 127	<b>REIKI FOR US AND OUR ANIMALS</b> <b>PAM POLLARD</b> - Reiki Master – Learn how the healing technique known as <i>Reiki</i> helps to heal us and our animals - on every level - <a href="https://www.facebook.com/Reikiessentials">www.facebook.com/Reikiessentials</a>
11/2/16 	12:30 to 1:20	Midtown White Hall 127	<b>PETS AND YOUR HEALTH</b> <b>MARY OQUENDO</b> – Holistic animal groomer. Learn how we keep our pets healthy and how our pets keep us healthy - <a href="http://www.handsandpawsreiki.com">www.handsandpawsreiki.com</a>
11/16/16 	12:30 to 1:20	Midtown White Hall 127	<b>GRATITUDE</b> <b>DEBBIE MORGAN MA CIPP</b> - A grateful attitude benefits health of body/mind/spirit. Learn how to adopt this practice - <a href="http://www.integrativehealthadvocacy.com">www.integrativehealthadvocacy.com</a>
11/30/16 	12:30 to 1:20	Midtown White Hall 127	<b>STRESS IN THE BODY</b> <b>SEANA HART</b> - Certified Personal trainer - Stress affects our mind/ body/spirit Learn how to recognize and reduce symptoms of stress and address it - <a href="http://www.earthfitnf.com">www.earthfitnf.com</a>