

Week Of Wellness

April 19-25th



stern
wellness
C E N T E R

15 Mins
away in
Cross River

The Power to Transform!

20 North Salem Road Cross River, NY 10518 (914) 763-8000 www.SternWellnessCenter.com

→ Sunday April 19th

Meditation and Reiki Circle; Myra Oney, RMT
11:00 am - 12:00 pm

→ Monday April 20th

Mini-Sessions : Massage; Lisa Weitzmann, LMT
2:00pm - 6:00pm (appointment recommended)
Q&A Session: "How to Get the Most From Your Medical & Alternative Treatments + How to Thrive ; Dr. Pam Halton
4:00pm-6:00pm
Lecture: "Introduction to the Intuitive Arts" Theresa Fernandes
6:30 pm—7:30 pm

→ Tuesday April 21st

Mini-Sessions: Holy Fire Reiki ;Gail Christie, RMT
11:00am - 5:00pm (appointment recommended)
Lecture: "True Directions"; Dr. Lawrence G. Stern
7:00pm- 8:30pm

→ Wednesday, April 22nd

Healthy Tastings: Myra Oney CHHC
11:00am - 5:00pm
Lecture: "Five Strategies for Busting Belly Fat and Brain Fog" Myra Oney, CHHC
1:30pm & 6:00pm

→ Thursday, April 23rd;

Lecture and Demonstration: NSA and ReOrganizational Healing; Dr. Lawrence G. Stern
11:00 am-1:00 pm
Conversation: Recognizing your child's intuitive abilities; Theresa Fernandes
12:00pm - 1:00pm

→ Friday April 24th;

Lecture and demonstration: Conscious Awareness Training; Dr. Pam Halton
3:00 pm
Lecture and demonstration: X'Tract Lymphatic Bodywork; Moriah Helms and Dr. Pam Halton
6:30 pm - 8:00 pm

→ Saturday April 25th:

Workshop: "Everything You Never Learned In School...Empower Yourself to Thrive" A day of experiential learning and healing;
Dr. Pam Halton and Moriah Helms
10:00 am - 5:00pm

