## HEALTH AND WELLNESS DAY

## JOIN US ON SATURDAY JANUARY 21<sup>st</sup> 11 AM-1 PM

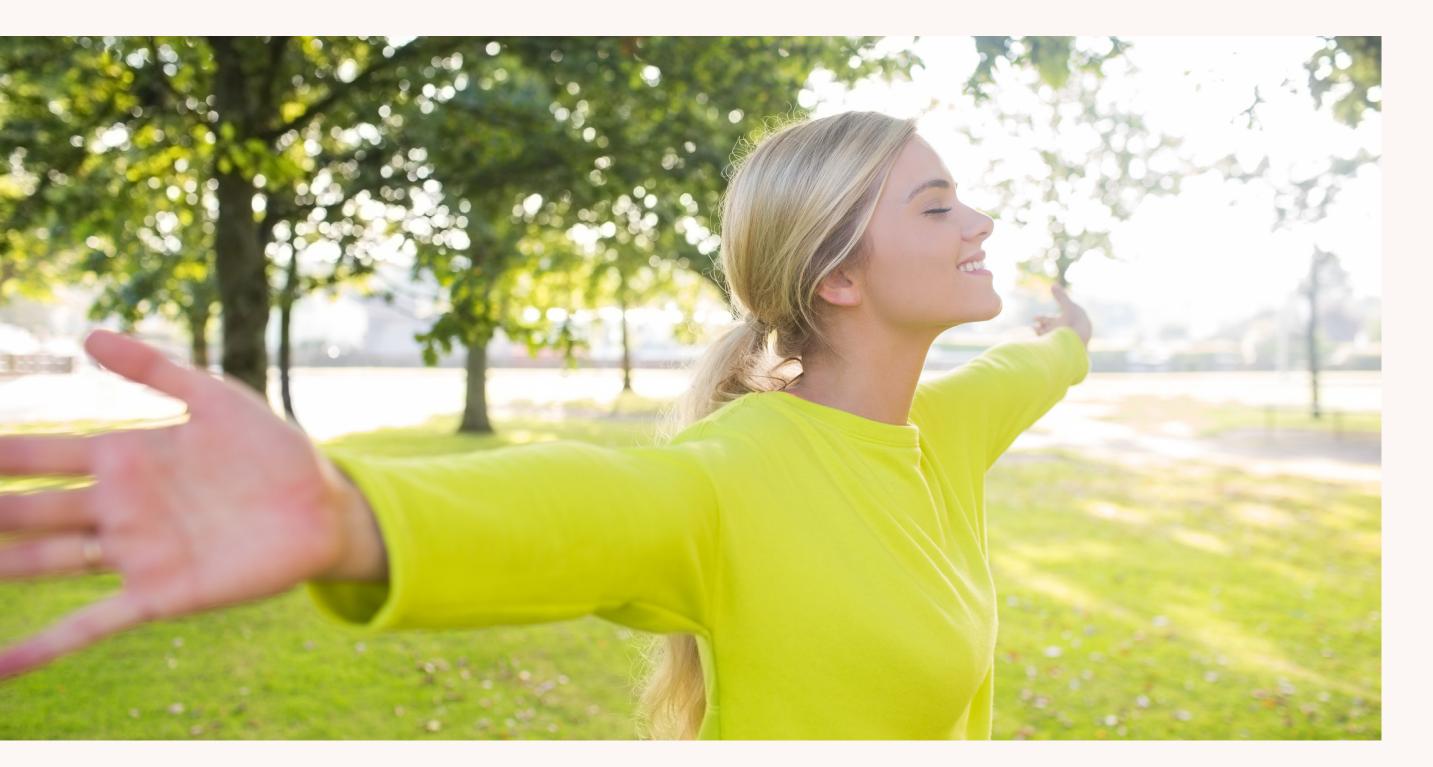
An Introduction to Ayurveda: Balancing Your Life with Galina Friedman

## 11:30-12:30 PM

Ayurveda teaches us to relate to our inner being, the source of all healing, through diet, yoga, meditation and lifestyle.

Galina Friedman is a certified Ayurvedic Wellness Counselor with 35 years of experience.



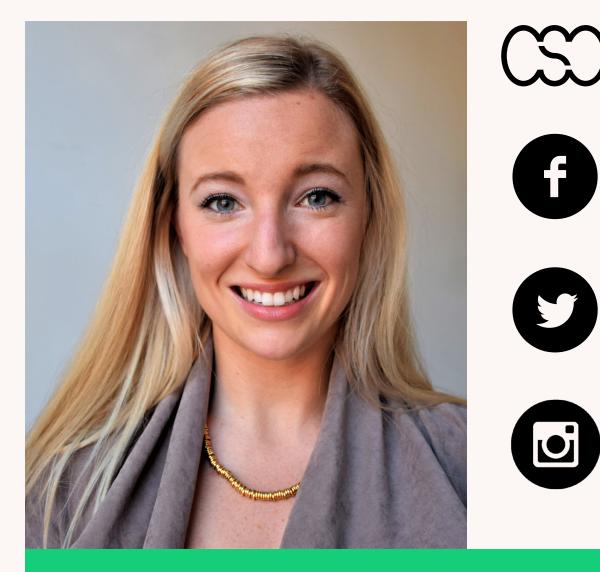


Elevate Your Health: Optimize your diet, upgrade your habits and achieve the health you deserve with Maura McCartney, 12:30-1:30 PM

You deserve to feel confident, in control and vibrant each and every day.



Maura McCartney is a Nutrition, Health & Lifestyle Coach in Boston. Maura works with her clients to customize a comprehensive wellness plan according to their







determine how to

best optimize diet,

lifestyle, and habits.