

HEALTH AND WELLNESS DAY

JOIN US ON
SATURDAY
JANUARY 21ST
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.



**Tai Chi/Qi Gong with
Rick Tousignant**

12:00 PM

Maura McCartney is a Nutrition, Health & Lifestyle Coach in Boston. Maura works with her clients to customize a comprehensive wellness plan according to their goals. Together, they determine how to best optimize diet, lifestyle, and habits.

