

WEEKEND WELLNESS

Please join us Saturdays from 12:00pm - 2:00pm

Featured Guests for October 2024

<p>10/5 ARPneuro</p>	<p>Guest: Anthony Seling & Austin Root ARPneuro - Accelerated Recovery Performance Neuro Therapy Uses electrical stimulation to safely send direct current electrical signals to the source of pain. It stimulates soft tissue and increases blood flow; and then creates new patterns to retrain brain to body communication. <i>Anthony and Austin are also co-founders of SUNLUX Media - Digital videography, media, and marketing.</i></p>
<p>10/12 Yoga with Silvia</p>	<p>Guest: Silvia Ojeda Yoga + Fitness Instructor, Owner of Yoga Fit Naples Silvia is a Yoga Instructor RYT200 and personal trainer, offering private classes, events, and group classes. Join us for an amazing yoga session with Silvia right here at Growing in Health! Follow Silvia on Instagram: @yogafitnaples <i>*Please bring your own yoga mat.*</i></p>
<p>10/19 Light Body Activation</p>	<p>Guests: Renee Manzillo & Ryan Hughes Let your body heal from within! Renee and Ryan are going to show us their amazing products that are designed to use the body's own infrared properties, reflected back into the body, to promote healing. You won't want to miss this! <i>Renee Manzillo also hosts our weekly group meditation, 8am Fridays.</i></p>
<p>10/26 Purple Hippo</p>	<p>Guest: Marie Heiland, Purple Hippo Purple Hippo CBD Topical Cream! Based out of Naples, FL, and available for sale at Growing in Health Florida, please come learn more about Purple Hippo, various cannabinoids including cannabidiol (CBD), and how it interacts with our bodies. purplehippocbd.com</p>

GrowingInHealthFlorida.org

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