GROWING IN HEALTH FLORIDA

WEEKEND WELLNESS

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

Upcoming Featured Guests through December

11/30 **Hypnotist**	**Guest: Linda Boggier** **Fun lecture with short hypnosis session to relax** Detoxing your mind through hypnosis is a powerful approach to help you let go of negative patterns, habits and emotions that hold you back. You can change your life by changing your mind!
12/7 **Holistic Health**	**Guest: Laura R. Poche** **For the Love of Gut** Laura is a certified holistic health coach with a specialty in gut health. Her book outlines the techniques and resources she used to lose over 120 pounds, reach her goals, and achieve balance in her life and health. The result is a clear and simple plan that can lead to genuine freedom from disease, addiction, and depression. Come learn more from Laura!
12/14 **Kangen Water**	**Guest: Andrea Ganzi** **Optimal water solutions** Andrea is a Kangen Water representative and will be here to teach us about the different types of water, their respective alkalinity, and how the Kangen Water machine can help by creating the most powerful antioxidant water on the planet. The machine can create 5 types of water and there are over 50 uses for the water produced by the machine
12/21 **Holiday Mix & Mingle**	**Guest: YOU** **Holiday Mix & Mingle Party** Join us for a holiday event with free samples, giveaways, snacks, hot cocoa, and more. Bring a friend! This is a family-friendly event. Pets are welcome, too! 

GrowingInHealthFlorida.org

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Weekend Wellness is a FREE, family-friendly event!

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