

Press Release

More Information: Steele Bremner, 545-3623

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For Immediate Release

June Brings Wellness to the Waccamaw Library
Bevy of classes and workouts enhance your health

The Waccamaw Neck Library at 41 St. Paul Place in Pawleys Island is greeting June with a fit face, thanks to a dozen classes that can enhance your summer health regimen. All the classes are free and open to the public. If you have questions, please contact Steele Bremner at 545-3623.

Monday, June 8: Guided Meditation Class

Steele Bremner, a certified instructor

Please bring a pillow or towel

Wednesday, June 10: How supplements ensure a healthy balance

Jessica Powers, owner, To Your Health

Thursday, June 11: Pure, Safe, Botanical Wellness

Lynne Ford, consultant, Arbonne International

Monday, June 15: Enhancing Wellness through Exercise

Alan Bremner, owner, Winyah Fitness One on One

Thursday, June 18: Why Food Matters

Leslie O'Neill, certified holistic health coach

Wednesday, June 24: Decoding Nutrition Claims

Renee Shore, public health expert and Jennifer Popadiuk, registered dietician, nutritionist

Monday, June 22: How Acupuncture Fits in a Modern World

Leslie Jafarace, Owner, Acupuncture Works

Monday, June 29: How Fitness Enhances Relationships and Life

Rachel Tipton, owner, UltraFitLifestyle

Tuesday, June 30: Beginner Tai Chi Class

Steele Bremner, certified instructor