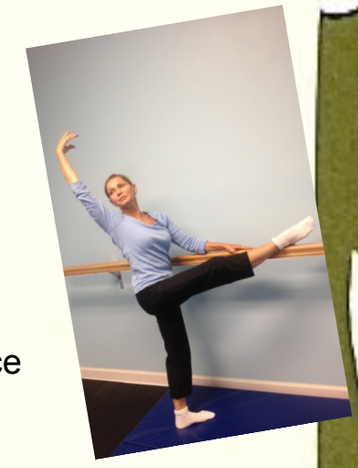
Wellness and You

At the Waccamaw Library

FREE!

All classes are at 5:30 in the library auditorium

41 St. Paul Place, Pawleys Island



Monday, June 8:

Guided Meditation Class

Steele Bremner, 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

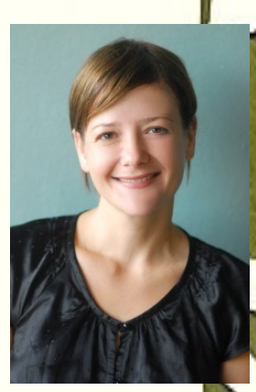
Leslie ONeill, certified holistic health coach

Wednesday, June 24:

Decoding Nutrition Claims

Renee Shore, public health expert

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