

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 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

Monday, June 22:

How Acupuncture Fits in a Modern World
Leslie Jafarace, Owner, Acupuncture Works



Tuesday, June 23:

Chiropractic and Inflammation
Dr. Neil Fico, Strand Spine Institute

Wednesday, June 24:

Decoding Nutrition Claims
Renee Shore, public health expert
Jennifer Popadiuk, registered dietician, nutritionist

Thursday, June 25th

**** 6:00 pm THIS WORKSHOP ONLY ****

How Supplements Ensure a Healthy Balance
Jessica Powers, owner, To Your Health

Monday, June 29:

How Fitness Enhances Relationships and Life
Rachel Tipton, owner, UltraFitLifestyle

Tuesday, June 30:

Beginner Tai Chi Class
Steele Bremner, certified instructor

