

# **Being a Better Me**

## **Healthy Living Lecture Series**

**March 9<sup>th</sup> at 7:00 PM**

**Five Element Acupuncture**

**David Frome**

**Physical Therapist and Certified Advanced Rolfer**

**March 18<sup>th</sup> at 7:00 PM**

**The Mind, Body, Soul and Spirit of Homeopathy**

**Simon Taffler**

**PCH RS Homeopath**

**March 23<sup>rd</sup> at 7:00 PM**

**Super Antioxidant Teas for Skincare**

**Marva Selliken**

**Aesthetician and Massage Therapist and owner of Bala Natural Skincare**

**March 29<sup>th</sup> at 7:00 PM**

**Anti Stress**

**Scott Lea**

**Clinical Hypnotherapy Instructor**

**April 6<sup>th</sup> at 7:00 PM**

**Eating for Middle Age applying Traditional Medicine**

**Deborah Vaphides, L. Ac and owner of Equilibrium**

**April 12<sup>th</sup> at 7:00 PM**

**Healthy Eating Towards a Healthy Life**

**Sally Owens**

**Health Counselor**

**\$10 per lecture or \$55 for the program**

**CHA MA GU DAO**

**212 Glenridge Avenue**

**Montclair, NJ**

**973-746-0975**

*Limited seating ~ Reserve today ~ no refund within 48 hours of the lecture date*