



## Winter Wellness Workshop Come and en

Integrative Healing Center is partnering with MWCABC in their common mission to not only help support women with breast cancer, but to also help all people learn tools to prevent DISEASE!

The evening event will be an experiential night allowing an opportunity for Manhasset residents to learn new tools to take home and kick off 2014 as the healthiest year of their lives!

Kristine Blanche, owner and operator of Integrative Healing Center, will share amazing tools for preventing illness and living your most vibrant and happy life. Healthy tips to help you kick off 2014 on a great foot!

Come and enjoy our experiential fun evening workshop to learn tools to help you feel great!

STRESS RELIEF
HEALTHY
YOU!
CONNECTION

NOURISHMENT
HAPPINESS

The Winter Wellness Workshop is funded by the MWCABC by funds received from the LI2Day Walk for Breast Cancer.



JANUARY 30<sup>th</sup> 2014 (snow date Feb 13<sup>th</sup>)
7–9 PM Manhasset Public Library

## **RSVP**

info@integrativehealthmanhasset.com or **516.676.0200**