

Wellness Practices for Body, Mind and Spirit

The Royal Oak Public Library in collaboration with the Royal Oak Community Coalition will host a free five-part series on holistic practices that will enhance your well-being and help you find optimal health on **select Wednesdays from 6:00 to 7:25 pm beginning April 20**. Programs take place in the Friends Auditorium (May 11 program will be in the Youth Activity Room).



Wednesday, April 20

6:00 - 6:40 pm: Introduction to Emotional Freedom Technique (EFT)

Also called tapping, EFT is similar to acupuncture by using the meridian system to reduce or eliminate physical and emotional pain. Learn the basics of a powerful tool that can enhance your life. *Chris Chubenko, Presenter*

6:45 - 7:25 pm: You Can Learn to Heal - Therapeutic Touch (TP)

TP was first taught to nurses to help patients recover faster by relieving pain and stress. You will learn this simple yet profound technique to benefit yourself and your family. *Fran Levin, Presenter*

Wednesday, April 27

6:00 - 6:40 pm: Quick Mindset Changes to Transform Toxic Relationships

Fun and powerful exercise to effortlessly improve interactions with others. *Ruth Wilson, Presenter*

6:45 - 7:25 pm:

Introduction of Meditation and Chair Yoga

Heather Cutlip, Presenter

Wednesday, May 4

6:00 - 6:40 pm: Awakening Your Gifts

You will learn a simple process to realize and empower your innate presence on the planet through alignment of your mind, emotions and sexuality. *Barbara White, Presenter*

6:45 - 7:25 pm: Art Therapy

You will explore the field of Art Therapy and its applications among individuals of all ages and abilities. Come learn the benefits of art therapy and take part in an art experiential. *Erin Shahly MEd ATR and Tessa Bird, MEd ATR-BC, Presenters*

Wednesday, May 11

6:00 - 6:40 pm: Chakra Healing with Dory

A holistic approach to balancing chakras. You will learn what each chakra represents, how to clear energy cords, and add balance to your day. *Dory Jolin, Presenter*

6:45 - 7:25 pm: Wise Earth Naturals

Products we put on our skin is absorbed into the blood stream and organs that may cause unneeded stress on our body systems. You will learn how using ingredients that are as close to nature as possible will help you retain healthy skin. *Mary Curry, Presenter*

Wednesday, May 18

6:00 - 6:40 pm: Discover the Benefits of Therapeutic grade Essential Oils

You will have an opportunity to try on, inhale and discover firsthand the benefits oils can have on mind, body and soul and explore the health benefits they offer. *Jennifer Clark and Suzanne Gossett Awan, Presenters*

6:45 - 7:25 pm: How sugar is ruining your health... more than you think

Tina Maruszewski, D.C., Presenter

Registration is required. Visit www.ropl.org or call the adult reference desk at 248-246-3727 to register. For additional information about the Royal Oak Community Coalition, visit them on Facebook: www.Facebook.com/RoyalOakCommunityCoalition.