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July/August 2011

Summer Update

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Soaking up Summer!



Sunshine makes us all feel a little bit better and Mother Nature is finally delivering. Make sure you take time to enjoy all the offerings that Sarnia-Lambton delivers during this all too short season.

Before long we'll be enjoying a bountiful harvest of locally grown foods. Maybe even from your own garden. There's nothing like it!

As busy as summer may be, this is no time to drop the ball on your health so we've put together some great savings to help you keep your life in balance.

We have combined the July and August update this year but will be back in September with lots of new information and opportunities you won't want to miss.

Have a safe summer and create great memories with friends & family!

Getting Acquainted with....

Margaret Pennesi

Margaret enjoyed many years working as a nurse in several different areas such as maternity, newborn nursery, doctor's office and nursing home. Beginning in 1993, she found new ways to use some of her nursing skills as she added new dimensions to her work in personal health and well-being. Margaret now offers treatments in Electrolysis, Reflexology and Therapeutic Touch.



First, Margaret obtained certification in electrolysis from the D'Arcy Lane Institute in 1993. Using sterile, disposable probes, Margaret applies electrical current to each hair follicle, destroying the cells that produce hair. Electrolysis is a hygienic and safe way to permanently remove unwanted hair, helping people feel better about themselves.

Later that year, Margaret learned about the many health benefits as well as the deep relaxation achieved with Reflexology. Since becoming a certified Reflexologist in 1994, Margaret has helped many people to be healthier, have a great sense of well-being and enjoy an hour of self care, which is essential for all of us.

Margaret was still looking for a way to treat the whole person, not just the physical, mental and emotional systems. Becoming a Therapeutic Touch™ practitioner enabled her to include a spiritual component to her work. Therapeutic Touch™ is a method of healing in which the practitioner moves her hands through the field of energy that flows through and around us. In this way, the practitioner gathers information about the field and its state of being. As imbalances are sensed, the practitioner redirects the energy flow to correct these.

Margaret initially studied Therapeutic Touch™ at the University of Western Ontario, obtaining recognition as a practitioner in 1995. After practising for three years and continuing her education with several well-known teachers, Margaret became a teacher herself. She has been offering classes as part of the Therapeutic Touch Network of Ontario since 1998. This fall Margaret will be offering Level One here at the SHHC.

There are many benefits to having Therapeutic Touch™,

including: deep relaxation which allows the body to use its energy to heal, a reduction of pain, faster healing of wounds, and an improved ability to cope with all facets of living.

Therapeutic Touch™ is taught all over the world and almost anyone can learn it. It can be used with any other modality, is non-invasive and very gentle.

If you are interested in learning Therapeutic Touch™ or receiving a treatment of Electrolysis, Reflexology or Therapeutic Touch™ in a clean, comfortable, private setting, please contact Margaret at 519-336-9990.

Spectacular Summer Savings!

Emotional Clearing with Corrie Danielis Buy 3 get 1 FREE!

Prepay 3 sessions and get a fourth for free. Sessions must be purchased by August 31, 2011 and used by December 31, 2011.

Call 519-336-7944 to book your appointments.

Massage - Everyone booking in July or August will receive free: Vee's herbal tea or Vee's Whey or Soy Protein Meal Supplement

Contact Veona 519-331-2363

Past Life

Regression

3

sessions for \$70 each (savings of \$30).

Contact Veona 519-331-2363

Quit Smoking Now! Laser Auriculotherapy with Heidi Bechard only \$250 with no HST

Includes 1 free booster & 1 stress management add-on. This promo also gives you the opportunity to try something new, a ½ hour Energy Balance session for FREE to help you feel more relaxed (can be scheduled at a later date).

- *Save an additional \$25 if you pair up with a friend or relative who wants to quit as well. Appointments must be taken back to back.*
- *If you're 60 years or older, you get an additional 10% off (\$225).*

Contact Heidi at 519-328-0545 or 519-337-8798 to book your appointment.

Release & Relax With Yoga Wednesday Evenings



Allow yourself to relax, de-stress and improve flexibility through the practice of Hatha Yoga. Let the postures, breathing and meditation bring balance to your day and release tension. Instruction is given for individual poses as well as gently flowing sequences. Build strength, balance and agility in a relaxed setting and at your own pace.

Suitable to all levels, even if you've never tried yoga before.

Wednesday evenings -- 6:30 to 8:00
from June 15th through November 30th

\$12.00/class (pay as you go)

or

\$100.00 for 10 classes (prepaid pass expires Nov 30th)

pre-booking is recommended as space is limited to 10 per class (please bring a mat & blanket)

Contact: Ginny Massey
Yoginny Yoga Studios
phone: 519-541-1261
cell: 519-446-4103
email: masseo14@mnsi.net or
yoginny108@mdirect.net
(please mention "yoga class" in subject line)

Embrace Health...

Embrace Knowledge...

Embrace Life...

Sarnia Holistic Health Centre
546 N Christina Street, 6th Floor

	<p>Sarnia, ON N7T 5W6 519-336-7944</p> <p>Email: info@sarniaholistichealingcentre.com Website: www.sarniaholistichealthcentre.com</p>
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