



permission to breathe

a women's wellness series

Escape for this three-part series and give yourself the gift of relaxation and education to better care for yourself-spirit, mind and body.

April 16th

Clean Products, Clean Living

Kathleen Mueller, MD

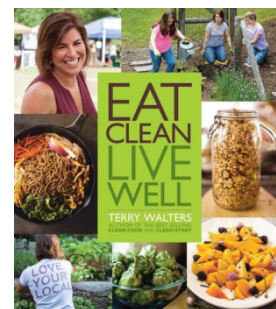
Learn to enhance your wellness by reducing the toxins in your environment and using natural products for cleaning, diet and health!

April 30th

Eat Clean, Live Well

Terry Walters (Author)

Fill your plate and your life with foods and rituals that nourish good health and well-being. Meet a best-selling author, engage in a cooking demo, and taste some new recipes to add to your Spring menu.



May 14th

Clean up your Qi

Christopher Gaunya, MAC, LAc & Joan Harovas, BSN, RN, HNB-BC

Your energy (or Qi) affects your relationships, your health and your well-being. Learn how to enhance your Qi with education, techniques, and experiences.

5:30 PM: Registration and refreshments; **6-7:30PM:** Presentations

Cost: \$30 for the series, \$12 per class

Location: Comprehensive Women's Health Center; Corner of Woodland and Collins Streets, Hartford, CT



Please call 1-877-783-7262 to register.
Valet parking available in the front of the
Comprehensive Women's Health Center, OR park in
the Collins St. Parking Garage. (Parking validated.)
Take the **pink** elevators to the Center.