

JOIN THE AFRICAN HOLISTIC HEALTH CHAPTER OF NY

IN HONOR OF EARTH DAY



Earth Day is an annual event, celebrated on April 22, on which events are held worldwide to demonstrate support for environmental protection. It was first celebrated in 1970, and is now coordinated globally by the Earth Day Network, and celebrated in more than 192 countries each year.

**INTRODUCTORY WELLNESS WORKSHOP
WEEKEND**

April 19 – 20, 2014 @ 12p – 7p

**Wellness
Workshops**

Listing of 2-Day Workshops:

Admission: One Day - \$15 & Both Days \$25

Day 1: Saturday, April 19, 2014

**Raw Food Prep 101 – Brother Ricky Hurdle - 2 hrs.
Aritu/Chakra Basics Through Kundalini Yoga & Kemeti Reiki - Mut Shat Shemsut
Birthing Options & Importance of Breastfeeding - Sista Amadoma Bediako, Doula
Wellness with Gemstone & Crystals of the Earth – Sista Imani Scott**

Day 2: Sunday, April 20, 2014

Vegetarian Food Prep (3 Course Meal) – Heru Kweisi - 2 hrs
Are You Serious About Nutrition? - Mery Serket
Brothers Round Table on Health & Wellness – Brother Will
Benefits of Reflexology – Sista Shai (Shy-ee)
Benefits of Shiatsu Massage - Brother Dja Dja

Includes Two Wellness Documentary Film Screenings of: "Meat the Truth" & "Forks Over Knives"

**Each participant will leave with a full belly, a
goodie bag and lots of great knowledge shared by
all the presenters!**

Venue:

**THE AFRICAN HOLISTIC HEALTH & WELLNESS CENTER
132-20 116TH AVENUE
SOUTH OZONE PARK, NY 11420
347-427-8668 or email: shaimesh@aol.com
DIRECTIONS BY MASS TRANSIT: WWW.HOPSTOP.COM
DIRECTIONS BY CAR: WWW.MAPQUEST.COM**



Contact: Sista Shai (Shy-ee)
www.africanholistic.weebly.com
347-427-8668
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