

# Westchester County



A Community Connection Initiative Project by The WestchesterCountyPost.com and BetweenTheWaves.info

**Presented by Janelle Allbritton, MPH**

*Workshops to increase the quality and longevity of your life.*

**These Are the Things You Need to Know**

**Before the Second Wave Hits:**

***The Between the Waves Workshop Series***

**Offers You Critical Information For You and Your Family  
To Prepare for the Second Wave of the CoVID-19 Pandemic**

**A large, complex problem requires a sustained, multi-faceted approach.  
These workshops aim to break it down into clear, simple steps.**

**Our workshops offer information, techniques, and resources, empowering participants  
to apply cutting edge, science-based best practices to their lives.**

**There is conflicting information out there.  
We curate some of the best practitioners  
and most exciting success stories to inspire you.**

## **Topics Include:**

- TAPPING: ACUPUNCTURE WITHOUT THE NEEDLES
- REWIRE YOUR BRAIN FOR GREATER PRODUCTIVITY
- HEARTMATH: REMAINING CALM NO MATTER WHAT
- ARE YOU READY TO QUIT SMOKING OR VAPING?
- WHY IS LIVER DETOX IMPORTANT FOR A STRONG IMMUNE SYSTEM? SHOULD I DO IT?
- EPIGENETICS: HOW YOUR EMOTIONS CAN TRIGGER YOUR GENES TO BOOST YOUR IMMUNE SYSTEM
- THE DOCTORS: AN INTRODUCTION TO THEIR MIND-BLOWING RESEARCH AND CONTRIBUTIONS
- H'OPONOPONO: THE HAWAIIAN METHOD TO HEAL DAMAGED RELATIONSHIPS
- STRESSED?!?! HOW CHAKRA MEDITATIONS CAN BOOST YOUR IMMUNE SYSTEM FUNCTION
- FRAMEWORKS FOR HOLISTIC WELLNESS: WHICH ONE IS RIGHT FOR YOU?

**Workplace Wellness Workshops for Corporations • Sponsored Workshops for Non-Profits**

**Set up your first workshop today:**

**914.792.8100 (call or text) • WestchesterCountyPost@gmail.com**