

Westchester County



A Community Connection Initiative Project

by The WestchesterCountyPost.com and BetweentheWaves.info

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 Wave 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

