

ADULT PROGRAMS PRESENTS

ENERGY PRACTICES FOR ENHANCED HEALTH AND WELLBEING

with Dr. Fern Engelson

Learn more here
uucsr.org/25Energy

Four Tuesdays:

January 7, February 4 (Social Hall), March 4, April 1

10:00 AM – 11:15 AM | In-person in the Art Gallery or Social Hall

*For those who want to practice together monthly
and create an effective daily energy practice!*

Everything in our Universe is made up of Energy—a star, a flower, a cell, a thought! Energy is the fundamental force that governs and sustains all life. Energy circulates throughout our 70 trillion cells affecting every aspect of our being, physically, mentally, emotionally, and spiritually! In this class, we will learn practical lifestyle interventions along with energy practices from the ancient healing arts and from modern day cutting-edge science that foster and enhance our overall health and well-being. When practiced regularly, these tools support our bodily and cognitive functions, improve our sleep, our mood, and offer us a greater sense of vitality, strength, and calm. The class is empowering and fun, so come join us for 1 class or all.

No prior experience is necessary, and the movements are gentle and easily adaptable.

Cost: \$14 per class for members, \$20 per class for non-members

**To register and to make payment or if you have any questions,
please contact Dr. Fern at [516.621.0316](tel:516.621.0316) or lovenow108@gmail.com**

Dr. Fern Engelson first began her formal training in energy work when she was 23, and 50 years later she is still supremely grateful that she can incorporate these wise practices into her life and share them with others. Throughout her years as a Chiropractor, Functional Medicine Practitioner, Qi Gong Instructor, and Integrative Life Coach, Fern has found that integrating energy practices into her work has been essential in helping her patients and clients live a more enriching and meaningful life as they achieve their mind/body goals!



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

Questions? Contact Dr. Fern Cameron
[516.621.0316](tel:516.621.0316) or lovenow108@gmail.com

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