

# Energy Practices for Enhancing Health & Well-Being

with Fern Engelson, D.C.

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 life. It circulates within our 70 trillion cells and affects every aspect of our being, physically, mentally, emotionally, spiritually.

By practicing techniques from the ancient traditional healing arts and modern day cutting-edge science, in this class we will discover how to access our healing energy power.

Incorporating these gentle practices into our day can help us become more self-resourced and self-assured as we upgrade our self-care regimen to experience greater vitality, strength, and inner peace.

This class is open to all, as the practices are gentle and easily adaptable and no prior experience is necessary.

## Summer Mini Class

Where: UUCSR, in person in The Courtyard  
48 Shelter Rock Rd, Manhasset, NY 11030

When: 2 Sundays: August 18 and 25 | 10:15-10:45 AM  
Free

## Fall 8-Week Series

*For those who want to practice together weekly, dive deeper, and create an effective daily energy practice.*

Where: UUCSR, in person in The Art Gallery  
48 Shelter Rock Rd, Manhasset, NY 11030

When: 8 Tuesdays: September 24, October 1, 8, 22, 29, November 5, 12, 19 | 10:00-11:00 AM  
Total Fee: \$144

**If you have any questions, please contact Fern at 516-621-0316 or [lovenow108@gmail.com](mailto:lovenow108@gmail.com)**

Dr. Fern 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!