

## December Newsletter

### What's on this winter?



Exciting things are afoot at Island Wellness Center! We've been hard at work partnering with local vendors and lining up a calendar of events to help you kick your winter blues away. Whether you prefer sipping cacao or cocktails, stretching with Yin Yoga or with a physical therapist, or getting in tune with your energy through Tarot or Reiki, there's something for everyone in December at the Center.

Also be sure to follow our [instagram](#) for more event updates, vendor details, special holiday sales, and real footage of our staff getting silly for you.

### December classes, events and workshops - all tickets can be purchased [HERE](#):

- Wednesday, December 4, 5 - 7 pm: Beat the Winter Blues Meditation + Tarot with [Caitie](#)
- Saturday, December 7, 1 - 4 pm: Cacao Ceremony with [Maggie](#)
- Sunday, December 8, 3 - 4 pm: Sound bathing with [Jennifer](#)
- Wednesday, December 11, 4 - 6 pm: Mobility with [Dr. Matt](#)
- Saturday, December 14, 2:30 - 4pm: Yin + Reiki in the Salt Cave with [Ayla](#)
- Monday, December 16, 4 - 6 pm: Mondays with the Medium with [Lyndsey](#)
- Wednesday, December 18, 6:30 - 9 pm: Cocktails + Gingerbread Houses with [Reilly O'Hearn](#) and [sippinprettyri](#)
- Thursday, December 19, 3:30 - 5:30 pm: Cacao Ceremony with [Rudy](#)

- Thursday, December 19, : Cannabis Education with [Caitie](#) and [Paper Crane Cannabis](#)
- Saturday, December 21 - 10 am - 4 pm: Winter Solstice Extravaganza (\$10 at the door)

#### **What else is new?**

- Check out our memberships! Save money on sauna, red light therapy, salt cave sessions, and more. Get em while they're hot 🔥
- Stay tuned for some awesome Black Friday deals 👁️

#### **The less fun stuff:**

- Gift cards purchased before September 9 **with a valid Fresha Code/Pin** will be honored on services only **until December 31, 2024**. Dig through those purses and desks to find them and come down to see us before then - don't let them go to waste!
- Any credits purchased before 11/25/23 have now expired. Those with previous credits without purchase history are no longer valid beginning 1/1/2025.
- We are ending our relationship with Groupon. If you purchased a Groupon any time before November 8th, please reach out to their support team for a refund.