



HOLISTIC LIVING SERIES

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| December 11, 2017 | David Hickerson Music and Mindfulness |
| January 8, 2018 | Brenda Chappell - Intro to Herbs |
| February 12, 2018 | Coyote Chris - Using Energies of Earth and Sky |
| February 26, 2018 | Laura Burton - Intro to Functional Medicine |

All events start at 10:00AM!

Holistic comes from the word “whole”, meaning complete. Start looking at yourself with a whole (holistic) perspective and understand the mind, body, and spirit connection and the importance of balancing all aspects of your life.

Senior Services Plus believes that successful aging should encompass holistic life changing lifestyles. SSP now offers free classes to our Wellness Members and \$5 for the public on holistic lifestyles.