



HOLISTIC LIVING SERIES

June 12th Drumcircle with Chris Sutton
June 19th Essential Oils with Kendra
July 10th Mindful Meditation with David Hickerson
All events are only available at 10AM!

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.

2603 N Rodgers Ave., Alton, IL 62002 - Call 618-465-3298 for more info.