

# December



CONNECT WITH THE WELLCOME OM CENTER  
352.600.4242  
wellcomecenter.com  
4242 Lake in the Woods Dr. Spring Hill, FL  
info@wellcomecenter.com



THU 04

## Astrolotea

12:00-1:50pm, *The Market*  
Sex, Death, Money: The Eighth House  
Join Craig as we sip and talk of our passions and relationship to powerful emotions, and what an astrological chart says about navigating the currents of personal power, \$5

## Pop Up w/ Dr. Maria

5:30-6:30pm, *The Market*  
Join Dr. Maria for an educational talk on Reducing Inflammation & Supporting Natural Detox, **Free**

## Full Moon Circle w/ Diane

6:30-7:30pm, *Behind The Cafe*  
This unique ceremony, inspired by Native American traditions, will guide you through a powerful process of embracing fresh beginnings. \$20, max 20 people

FRI 05

## Discover WellCome OM: An Informative Seminar

2:00-3:00pm, *Market*  
This is a fantastic opportunity to connect with fellow OM enthusiasts, meet our team, and deepen your understanding of the experiences available at OM. We'll cover our services, classes, and membership options. Enjoy refreshments and win some wonderful raffles!

MON 08

## Bonsai Workshop

11:00-1:00pm, *Garden Stage*  
Style a living olive tree, then use it as the perfect focal point to create a beautiful, miniature Fairy Garden. All supplies included. \$55 members/\$65 non-members. Cut off 12/2

TUES 09

## Garden to Glass: Spiced Pears

2:00-4:00pm, *The Cafe*  
All supplies included, \$25. **Registration required.**

THU 11

## Wellness Seminar w/ Dr. Maria

5:30-6:30pm, *The Venue*  
Join Dr. Maria for an educational talk on: Hormone Harmony: An essential overview of how these powerful substances impact your energy, mood, and health, day and night. **Free**

SAT 13

## Mystic Winter Market

12:00-5:00pm, *WellCome OM*  
A gathering of the finest artisans and merchants, offering a trove of handmade goods and mystical wonders perfect for the yuletide. But know that this is more than a mere market; it is a full-fledged celebration for all ages. Come dressed to impress in your Renaissance attire - gift certificates for the best dressed! Event schedule on the back.

## come hungry for:

Steve D's Cheesesteaks  
The Hummus Truck  
Herbert Sherbert  
Murph Coffee Co.



MON 15

## Mushroom Magic Workshop

10:00-11:00am, *The Cafe*  
This workshop combines the essential facts about mushrooms as food, medicine, and garden helpers plus, sample different varieties, and tinctures. **Free for members/\$10 non-members**

WED 17

## The Hummus Truck

10:00am-2:00pm, *Parking Lot*  
[thehummustruck.com](http://thehummustruck.com)

## CPR/Basic Life Support (BLS) Certification

5:00-8:00pm, *The Venue*  
Open to the public, 12 participants max. Call 352-600-4242 or register on MindBody. \$55, optional \$12 for certification card

THU 18

## Sound Healing w/ Natalia Odorodko

10:00-11:00am, *The Venue*  
During the sound bath you can expect, soothing tones of crystal bowls, Tibetan singing bowls, gong, and other therapeutic instruments. \$25/\$30 at the door

SAT 20

## Candlelight Concert: Coldplay x Imagine Dragons

6:00-7:00pm  
Performed by a talented string quartet under the warm glow of candlelight. Tickets: [candlelightexperience.com](http://candlelightexperience.com)

## Candlelight Concert: Christmas Carols on Strings

8:30-9:30pm  
Performed by a talented string quartet under the warm glow of candlelight. Tickets: [candlelightexperience.com](http://candlelightexperience.com)

TUES 23

## Garden to Glass: Dark Chocolate Mint Sauce

2:00-4:00pm, *The Cafe*  
All supplies included, \$25. **Registration required.**

WED 24

## Christmas Eve

9:00-2:00pm

THU 25

## Christmas

CLOSED



SAT 27

## Candlelight Concert: Christmas Carols on Strings

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Performed by a talented string quartet under the warm glow of candlelight. Tickets: [candlelightexperience.com](http://candlelightexperience.com)

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WED 31

## NYE

9:00-2:00pm

## The Hummus Truck

10:00am-2:00pm, *Parking Lot*  
[thehummustruck.com](http://thehummustruck.com)





# OM Movement Studio Schedule

\*Classes subject to change  
\*\*Closed on major holidays

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	Yoga Basics Helena	Tone+Sculpt Donna	Chair Yoga Helena	Hatha Yoga Darrell	Zumba (All Levels) Lindsay	
10:00						Nia® Gail
10:15	Classical Pilates Elaine	Nia® Gail	HeartMath Meditation Diane	NIA® Gail	Strength/Mobility Yoga Darrell	
11:30		Tai Chi Paula	Tai Chi Steve			
12:45				Sculpt Chair Yoga Helena	Vibe+Thrive Wellness Circle Diane	
3:00	Nia® in the Chair Gail					
3:30			Belly Dance Jayne			
4:00				Goddess Gatherings Diane		
6:00	Hatha Yoga Donna	Latin Dance Carmen	Basic Yoga Donna	Zumba (All Levels) Lindsay		

Pack of 5 - \$60/\$12 per class  
 Pack of 10 - \$100/\$10 per class  
 Pack of 15 - \$135/\$9 per class  
 DROP-IN - \$15

\$25: 2 weeks unlimited  
 \*New Students

\$59 MEMBERSHIP  
 Unlimited Classes +  
 benefits

We accept Silver Sneakers, Silver & Fit, Active + Fit, Prime, Renew Active, EliteCare, and ACTC for FREE unlimited membership. Sign up at the front desk. FYI: you can use your Nation's Benefits Medicare card at WellCome OM.

## Mystic Market SCHEDULE

Dec 13, 2025 | 12-5p

Time	Activity	Location
12pm	Continuous Activities Begin	Garden
12:30pm	Chainsaw Carving Demo	Garden
1pm	Unicorn Races	Woods
1:30pm	Tug of War (Round 1)	Woods
2pm	Chainsaw Carving Demo	Garden
2:30pm	Sack Racing	Woods
3pm	Costume Contest	Heal Bldg
3:30pm	Tug of War (Round 2)	Woods
4pm	Chainsaw Carving Demo	Garden
4:30pm	Live Art Auction	Lawn
5pm	Song Circle & Tree Lighting	Lawn

Interested in volunteering?  
 contact the front desk for details!

This event is sponsored by:



A-Z TREE SERVICES



ALLIED HEALTH, FL

If you have a balance on your **Nation's Benefits Medicare Card**, you have a crucial deadline! At midnight on December 31st, any funds left on your card will **disappear!**

The Solution: Save Your Balance at WellCome OM!

You can immediately use your card balance to add credit to your WellCome OM account, where those funds will **NEVER EXPIRE!**

Spend your card balance now on services like:

- 🧘♀️ Massages, Reflexology, Facials, & Hypnotherapy
- 👤 Classes, events, & workshops
- 🧴 Salt Room Sessions
- 🎁 Gift Cards, Clothes, and Gifts!

