

WEEKLY

MON

Yogalates w/ Elaine
(1st Mon of the month on the ball)
10:00-11:00am

Martial Arts Movement w/ Charlie
11:30-12:30pm

Mindful Movement Yoga w/ Vickie
4:00-5:00pm

Yoga Flow & Meditation w/ Donna
6:00-7:00pm

TUES

Zumba® w/ Donna
10:00-11:00am

Intermediate Tai Chi w/ Charlie
11:30-12:30pm

Beginner Tai Chi w/ Charlie
12:45-1:45pm

Slow Flow Yoga w/ Tracy
6:00-7:00pm

WED

HeartMath Meditation w/Diane
10:00-11:00am

Tribal Belly Dance w/ Jayne
3:30-4:30pm

Restorative Yoga w/ Vickie
6:00-7:00pm
*BYOB (Bring Your Own Blanket)

THUR

Healing Hatha Yoga w/Darrell
10:00-11:00am

Intermediate Tai Chi w/ Charlie
11:30-12:30pm

Beginner Tai Chi w/ Charlie
12:45-1:45pm

Pilates w/ Donna
7:00-8:00pm

FRI

Easy Strengthening Yoga w/ Darrell
10:00-11:00am

SAT

Zumba® Express w/ Donna
9:00- 9:45am

High Intensity Tabata w/ Tracy
10:00-11:00am

CONSCIOUS MARKET

Mon-Wed 9am-5pm
Thursday 9am-7pm
Friday 9am-5pm
Saturday 10am-2pm
Sunday CLOSED

MONTHLY CALENDAR / FEBRUARY



THU 02

Wholly Healthwise: Know Your Heart & How to Keep It Healthy

5:30-7:00pm
Join us for a FREE community education seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh.



SAT 04

Free Garden Education w/ Michael

10:00-11:00am
Root Veggies and strategies for growing them.

Manifest 2023 Workshop

10:30-1:00pm
Goal Setting & Vision Board Workshop with Hypnotherapist and Success Coach, Jayne Arrington.*



Plant Party in the Garden

11:00-12:00pm
Please bring your lunch and some snacks to share and we will provide the music, refreshments, plants for sale, and crafts to keep the kids entertained.



Beginners Yoga Workshop w/ Donna

2:30-4:30pm
Learn the history of yoga, basic principles, posture, techniques, health benefits, and which style is best for your needs.*

THU 09

Free Seminar: Heart Health and Its' Powerful Rhythm w/ Diane + ❤️

5:30-6:30pm
Heart"Math" Awareness: Focusing on your heart and its powerful rhythm is not just for sweethearts!

FRI 10

Care 4 Caregivers

2:00-4:00pm
Support Meetings focus on: spiritual, emotional, mental, and physical balance.



SAT 11

Two Chicks and A Horsetail: A Valentine's Comedy Show

6:30-8:00pm
Featuring three comics: Mary Ellen DePetrillo, Fran Capo, and Lou Angelwolf. (Doors 6PM) Refreshments available for purchase. Book signing afterwards. Sponsored by EliteCare Health Centers.*



TUES 14

Galentine's Tea Time w/ Diane

3:00-4:00pm
Join Wellness Coach, Diane Friedberg, for afternoon tea time, light refreshments and an open forum group discussion on self-love and holistic beauty care.*



THU 16

Dawn Center: Teen Dating Violence

6:00-8:00pm
Hernando County High Schools will unite to take action and spread awareness for teen dating violence.

SAT 18

OPEN HOUSE: Centropix Wellness

10:30-1:30pm
Transform your life and take your body & mind to the next level. Demo Drop In Day with Microcirculation Center

Winter Music Concert

4:00-6:00pm
FREE COMMUNITY CONCERT
Join us for a wonderful afternoon of music making by the students and teachers of All About Music.



MON 20

President's Day



Greenpoint Thermography
by appointment only
breast image scanning



SAT 25

80's Themed Mom Prom Fundraiser

6:00-9:00pm
Mom Prom is a fundraising event for POSABILITY Inc.'s support groups, Moms Community and Dads Community! *



CONNECT WITH THE WELLCOME OM CENTER

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*Must pre-register. Workshop fees apply.

