

May



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



- SAT 02** **Derby Day Brunch Fundraiser**
 9:00-1:00pm, *The Venue*
 Join The Starfish Foundation for an unforgettable morning at the **3rd Annual Derby Day Brunch**. Guests will enjoy a Southern-inspired brunch, a champagne wall, and a festive Derby Hat Contest — all while supporting expanded access to compassionate mental health services.
 tickets: <https://tinyurl.com/3espvnpu>
- Garden Education w/ Michael**
 10:00-11:00am
 How to Make Your Own Garden Soil. DIY your own mix for a fraction of the cost, **Free**
- TUES 05** **Cinco De Mayo**
Garden to Glass: Mocktails with Mom
 2:00-4:00pm, *The Cafe*
 Learn how to create sophisticated, alcohol-free beverages that are packed with flavor and health benefits, **\$35 Registration required.**
- WED 06** **Job Fair Presented by Highest Point Coaching**
 9:00-11:00am, *Center Lawn*
 Whether you're looking for a new career, a better opportunity, or just exploring your options, this is your chance to connect directly with hiring employers ready to meet YOU! Bring your resume, dress to impress, and come prepared to interview on the spot! 20+ Hernando County employers, all industries represented, on-site interviews, and professional headshots by Ezekiel Photography. **Free**
- The Hummus Truck**
 10:00-2:00pm
 Multiple Vegan and Gluten free options. Home made from scratch with flavors that you will not forget! thehummustruck.com
- THU 07** **Astrolotea w/ Craig**
 12:00-1:15pm, *The Market*
 Your Soul's Purpose — why are you here? Like tea leaves in a cup, your astrological chart has clues to your fortune and how to align with your soul's purpose. We'll discuss how Pluto, Chiron, and the Moon's nodes reveal core wounds, and their healing — the next step in your soul's journey, **\$5**
- SAT 09** **Emotional Freedoms Techniques**
 10:00-11:30am, *The Market*
 Katherine of Little Springs Yoga will present a short talk on Emotional Freedoms Techniques, a "tapping" intervention for rapid relief of negative emotions, **Free**
- SUN 10** **HAPPY Mother's Day**
- THU 14** **Optimizing Aging Seminar - Longevity Strategies**
 5:30-6:30pm, *The Venue*
 Join Dr. Maria Scunziano-Singh, MD, NMD, DipABLM, for a comprehensive and inspiring free lecture focused on proactive longevity—not just living longer, but living better. Aging is inevitable, but decline is optional! In this session, Dr. Maria shares her integrative approach to maximizing your health and vitality in your later years, **Free**
- MON 18** **Journey Through the Chakras with Sound**
 12:45-1:45pm, *The Studio*
 Join Deb and immerse yourself in therapeutic sounds that calm the mind, heal the body, and uplift the spirit. Feel balanced from Root to Crown, **Free for members/\$15 drop in**
- TUES 19** **Garden to Glass: "Bloody Mary Me"—The Ultimate Garden Cocktail Mix**
 2:00-4:00pm, *The Cafe*
 We'll be pickling the ultimate garnish set for your favorite brunch beverage or snack plate, **\$35 Registration required.**
- WED 20** **The Hummus Truck**
 10:00-2:00pm
 Multiple Vegan and Gluten free options. Home made from scratch with flavors that you will not forget! thehummustruck.com
- THU 21** **Astrolotea w/ Craig**
 12:00-1:15pm, *The Market*
 The Nature of the Transit: Understand what "kind" of action the universe is asking of you. Is it a time for bold outward movement, or a quiet period of internal integration? **\$5**
- THU+FRI 21 22** **Hernando Sun Reader's Choice Awards**
 6:00-9:00pm, *The Venue*
 Celebrate, connect, and honor the best of Hernando County at the Reader's Choice Awards Gala. Tickets available through Hernando Sun.
- MON 25** **Memorial Day**
 CLOSED 
- WED 27** **Pop Up Qi Gong w/ Paula**
 10:15-11:15am, *The Studio*
 This meditation in motion promotes serenity, focus and balance through gentle, flowing, conscious movement, and deep breathwork, **Free for members/\$15 drop in**
- THU 28** **Heavy Metal is NO MUSIC for the Mouth, Body, or Mind**
 4:30-5:15pm, *The Venue*
 From the water we drink to the products we use, substances like Aluminum, Mercury, Lead, Arsenic, and Cadmium are entering our systems—and they are NOT to be taken lightly. Join Dr. Maria Scunziano-Singh for a special pop-up event to learn how these silent invaders affect your biological "music" and, more importantly, how to remove them, **Free**
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- The Amazing Vedas + Sacred Poetry**
 5:30-6:45pm, *The Venue*
 Join Dr. Pariksinh for another enlightening installment of our ongoing series, The Amazing Vedas, where we bridge ancient scripture with soulful modern reflection. This evening combines deep Vedic wisdom with the transformative power of sacred poetry, **Free**
- SAT 30** **How to STOP Sabotaging Your Self!**
 11:00-12:15pm, *The Market*
 Join Hypnotherapist and Results Coach, Jayne Arrington as we learn how to get out of the self sabotaging loop. Leaving this unhelpful habit behind allows us to create greater opportunities, more peace, joy, and abundance in our lives, **Free**



OM Movement Studio Schedule

*Classes subject to change
**Closed on major holidays

OM Movement Studio

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MON	Yoga Basics 9:00am w/ Helena	Classical Pilates 10:15am w/ Elaine	Zumba + Lift 11:30am w/ Betsy	Nia® in the Chair 3:00pm w/ Gail	Yin Flow Yoga 6:00pm w/ Lauren
TUE	Tone + Sculpt 9am w/Betzy	Nia® 10:15am w/ Gail	Tai Chi 11:30am w/ Paula	Sound Bowl Journey 1:00pm w/ Deb+Donna	Cardio Drumming* 6:00pm w/ Amy
WED	Chair Yoga 9:00am w/ Helena	Tai Chi 11:30am w/ Steve	Belly Dance 3:30pm w/ Jayne	Restorative Yoga 6:30-7:45pm w/ Vickie	
THU	Hatha Yoga 9:00am w/ Darrell	Nia® 10:15am w/ Gail	Sculpt Chair Yoga 12:45pm w/ Helena	Tone + Sculpt 6:00pm w/ Betzy	
FRI	Zumba 9:00am w/ Betzy	Strength Mobility Yoga 10:15am w/ Darrell	Cardio Drumming* 6:00pm w/ Amy		
SAT	Cardio Drumming* 8:45am w/ Amy	Nia® 10:00am w/ Gail	*Preregistration required - limited space		



First Class \$5
*New Students

2wk unlimited \$25
*New Students

MEMBERSHIP \$59
Unlimited Classes
(Monthly auto pay)

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

We accept Silver Sneakers, Prime, and EliteCare

LOCAL FARMER'S MARKET 10-2PM



SUN June 7th (Indoor A/C) at the WellCome OM Center
4242 Lake in the Woods Dr. Spring Hill, 34607

FREE EVENT WITH FREE PARKING

