

# September



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wellcomecenter.com

4242 Lake in the Woods Dr. Spring Hill, FL

\*Must pre-register. Workshop fees apply.



- MON 02** | **Labor Day**  
CLOSED
- THU 05** | **Joy In Motion NIA Technique w/ Gail**  
10:15-11:15am  
Learn the benefits of Nia (Non-Impact Aerobics) utilizing our safe and healthy moves. This is a mind/body movement practice with no jumping or jarring of the joints.
- Sound Healing Meditation w/ Natalia Odorodko\***  
11:00-12:00pm  
Join us for a unique and immersive journey into relaxation and self-discovery. During the workshop, participants will be guided with soothing tones of crystal bowls, Tibetan singing bowls, gong and other therapeutic instruments.
- Free Seminar: Hormone Disruptors-What Are They and What Can You Do About Them?**  
5:30-7:00pm  
Join us for an educational seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh.
- SAT 07** | **Free Garden Education w/ Michael**  
10:00-11:00am  
Fall is coming and with it comes a plethora of vegetables you can grow during the cooler months in Florida. We'll discuss how to plan your fall garden and techniques to maximize harvests.
- MON 09** | **Free Seminar: Skin Talk By Honey Beauty Spa & Wellness w/ Gab Rose**  
11:00-12:00pm  
Meet the owner Gab, for an informational session discussing skincare basics and the range of farm fresh products and services they offer to set your skin and mood aglow!
- WED 11** | **9/11 Ceremony w/ Dr. Maria**  
11:30-12:30pm  
Join us for a heartfelt ceremony to honor and remember the lives lost and the heroes who emerged on this day. Dr. Maria will share a few reflective words, followed by a moment of silence as we raise an American flag on our property, symbolizing resilience and unity.
- THU 12** | **Astrolo Tea**  
12:00-1:00pm  
Sip tea and enjoy a fun discussion group on all things astrology with Craig. All knowledge levels are invited!
- SAT 14** | **Free Community Event: Keys to Higher Consciousness**  
11:00-12:15pm  
Join Hypnotherapist & Results Coach, Jayne Arrington as we dive in and explore the main key to practicing and obtaining levels of higher consciousness. She will also share examples of how our internal language either supports or sabotages this journey and how to change it.



- WED 18** | **Tuning Fork Group Therapy\***  
1:00-2:00pm  
In this intimate group setting, Michele will use a sequence of 9 tuning forks, each with its own sound, vibration, and frequency that has a relaxing and healing effect on the body.
- Heart Chakra Art Class\***  
2:00-3:00pm  
Join us for a unique and intimate experience led by Michele Gould.
- THU 19** | **Astrolo Tea**  
12:00-1:00pm  
Sip tea and enjoy a fun discussion group on all things astrology with Craig. All knowledge levels are invited!
- Sound Healing Meditation w/ Natalia Odorodko\***  
6:00-7:00pm  
Join us for a unique and immersive journey into relaxation and self-discovery.
- FRI 20** | **Autumn Equinox Qi Gong w/ Paula**  
3:00-4:00pm  
Celebrate the arrival of autumn and experience the dance of balance between Yang and Yin for renewal.
- SAT 21** | **Fall Equinox Community Yoga with Donna**  
9:00-10:00am  
Celebrate the arrival of autumn with us during our Fall Equinox Yoga Class! This FREE community event (suggested love donation \$5).
- WED 25** | **Empowered Book Club w/ Diane (1 of 6)\***  
11:30-12:30pm  
We are starting *God on a Harley* by Joan Brady.
- THUR 26** | **Free Workshop: Recognizing Autism and Related Conditions w/ Annette**  
10:00-11:00am  
This session will help you recognize the tapestry of challenges and gifts that come with these conditions.
- Write For Your Life w/ Annette\***  
5:30-6:50pm  
This transformative writing group is designed to help you explore your inner world, process emotions, and foster personal growth through the therapeutic act of writing.
- SAT 28** | **Baby Massage Workshop w/ Nicole\***  
12:00-1:00pm  
Infant massage can help ease your baby from colic, muscle soreness and create a lasting bond between baby and parent.
- Free Event: Mom Tribe Meetup**  
1:00-2:00pm  
This is a free support group for new parents seeking to join forces to navigate the world of parenthood together.

