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**Introduction to Energy Medicine**

 **When: Sunday, Feb. 13 *or* March 27, 2022**

**Time: 9:30 am – 4:30 pm**

**Fee: $150, includes manual**

**Presented by:** **Peggy Koelliker, The Healing Connection**

Advanced Eden Energy Medicine and EFT Practitioner

440-930-5785, peggy@healconnect.com, www.healconnect.com

**Held at:** **Avon Lake’s Old Firehouse Community Center
100 Avon Belden Rd, Avon Lake, Ohio**

The health of your body, mind and spirit are rooted in the energy systems of your body. Balancing your energies will naturally increase your vitality, effectiveness, and joy in life. Come and learn how to participate more fully and knowledgeably in your own health and healing in a fun, supportive environment!

Based on the book, ***Energy Medicine* by Donna Eden,** you will learn the basics of energy medicine for self-care:

* Daily Energy Routine exercises to keep you alert, focused and balanced
* Ways to stay grounded on a daily basis
* Techniques for stress relief
* Neurolymphatic reflex points for strengthening your immune system, and more!
* Appropriate PPE measures will be taken.

 **Register** at <https://www.healconnect.com/index.php/online-payments>. Contact Peggy at peggy@healconnect.com or 440-930-5785 for additional information or questions.