



*Cobblestone*  
*Arts Center*



## DAY OF WELLNESS

**Saturday, May 4th • 9:30am-2:30pm**

Join Cobblestone in our quest for wellness in the community. Attend workshops on natural healing, nutrition, fitness, mindfulness, and more!

### **Workshops:**

- Navigating Stress Today - Sharon Gullo, PNP, Sarah Andreacchi, RSMT
- Integrative Medicine Choices - Pamela Grover, MD
- Mindfulness and Yoga - Rick Lynch
- Intro to Ayurveda - Dana Emmings
- Emotional Freedom Technique - Tom Porpiglia, LMHC
- Energy Work - Reverend Pamela Susan Hawkins
- Disconnect to Reconnect - Juliann Gumulak-Smith
- Meditation and Journaling - Wanda Strother, MsEd



**BUY YOUR TICKETS ONLINE:**

<http://www.cobblestoneartscenter.com>

Tickets \$25 includes a light lunch and three classes.

1622 State Route 332, Farmington, NY 14425 | Phone: 585-398-0220