

Time**Workshop****12 noon** **Intuitive Food Therapy™ – Conscious Eating for High Vibrational Wellness**

LAINIE SEVANTE WULKAN

Meet Lainie "Sevante" Wulkan, Founder of CIFT, The Center for Intuitive Therapy™ and Co-Author of The Food Healing Oracle Deck® Vol I & II and SMOOTHIES - Nourishing Wisdom Beyond the Blend! She'll be sharing how to eat with greater intention and learn to see the deeper meaning to nourishing your body temple.

1:00 pm **Energy Boost Self-Care**

HEATHER PHILLIPS -

ENERGY BOOST SELF-CARE SPECIALIST CERTIFICATION

Become a facilitator for wellness and call yourself an Energy Boost Self-Care Specialist! Your body is electric and maintaining it using energy techniques is as important as exercising, drinking clean water, having proper nutrition, and getting a good sleep! These techniques set-up the body for daily vitality and resilience.

2:00 pm **How Spirit Communicates with me and YOU**

AMY SHUFORD – ANGELIC MEDIUM

Come learn how Spirit communicates with me as a Medium and how Spirit communicates with YOU. Two of the top questions I get asked are: How does Spirit communicate with you? Why hasn't my departed loved one tried to reach me? Maybe they have... are you listening?

3:00 pm **Near Death – Closing the Gap**

NOREEN BILL

An interactive presentation about why we have death experiences, and the knowledge we bring back that helps others understand the connection between life here on earth and the spiritual side of who we really are. Noreen shares her four personal death experiences and how they changed her life forever.

4:00 pm **Acupuncture: Beyond the Needle**DR. ANGELINA PULLEN, AP, DOM -
LOTUS HOLISTIC WELLNESS, LLC

Want to learn more about how acupuncture and holistic medicine can help you can live your best life now? Learn more about Acupuncture and Oriental Medicine, common health concerns treated, and the many benefits of holistic medicine modalities for wellness and prevention.



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