

Health Power 2013

A HOLISTIC HEALING MINIFEST

October 19, 2013
10 am - 2 pm

Admission Free
Healthy Lunch Available
Presentations by Professional Practitioners
Mini-Treatments for Small Fee

CURIOUS?

What is Zero Balancing?

How does massage therapy help heal the body?

How is Pilates different from yoga?

How can meditation reduce stress?

What could a Life Coach do for you?

What is Reiki? Feldenkrais?
Tái Chi? Acupuncture?

What do you need to know about posture and aging?

What is organic food?



***Learn about holistic
treatments and
healthy lifestyle
choices from the
practitioners
themselves.***

TABOR PRESBYTERIAN CHURCH

5804 Tabor Street, Crozet, VA 22932 434-823-4255

www.taborpc.org

Crozet Cares

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in the arts, education, health & wellness

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