

Nurturing & Loving Yourself to Great Health

"Health From the Inside-Out" Series

with Steve Romey CMT and Wendy Kunkel HHP



Date: 3rd Mondays of the Month,
3/20, 4/17, 5/15 and 6/19

Time: 6:00-7:30pm

Location: Cancer Support Community
530 Hampshire Road
Westlake Village, CA 91361

Cost: Free

RSVP: Please RSVP (805) 379-4777

Join us for this uplifting transformational workshop series - **"Health from the Inside-Out"** 3rd Mondays of the month 6-7:30pm. Discover how illness and dis-ease can be shifted from the inside-out, and energize your ability to experience optimal wellness including health, happiness, loving and vitality. Learn valuable tools including EFT tapping (Emotional Freedom Technique) to shift from fear and stress to acceptance, loving and healing. Learn about Oncology Massage, Lymphedema prevention, ways to love and care for your lymph and immune systems, how to eat for radiant health and vitality, and create your own unique vision for optimal wellness. Join us to nurture and love yourself to great health from the inside-out!

Steve Romey & Wendy Kunkel enjoy supporting people in experiencing optimal wellness. Steve is a Certified Oncology Massage Therapist, working with people on a cancer-healing journey for over 10 years. Wendy is a Certified Holistic Health Coach & Spiritual Counselor.

Experience "Health from the Inside-Out" – 3rd Mondays of the month 6-7:30pm

3/20: More Health/Less Stress with EFT Tapping

4/17: Oncology Massage & Lymph Support

5/15: Eating to Nurture & Love Yourself Healthy

6/19: Creating Your Vision of Optimal Wellness

***Bonus Class 3/6: Energy Medicine - Exercises for Joy & Health**

530 Hampshire Road
Westlake Village, CA 91361
(805) 379-4777
www.CancerSupportVvsb.org