

## Energy Medicine - Exercises for Joy & Health



**Date:** Monday, March 6th  
**Time:** 6:00-7:30pm  
**Location:** Cancer Support Community  
530 Hampshire Road  
Westlake Village, CA 91361  
**Cost:** Free  
**RSVP:** Please RSVP (805) 379-4777

Learn an uplifting 10-minute daily routine of energy medicine exercises that can be done sitting or standing. These gentle exercises can help you increase joy and energy, be more present and alert, boost your immune system, and help your body and spirit experience radiant health and vitality. These exercises are based on energy medicine pioneer Donna Eden and Polarity Therapy – using ancient principles to clear and balance our body's energy system, meridians and chakras.

Wendy Kunkel enjoys supporting people in experiencing more joy and wellness in all areas of life. She's a licensed Massage Therapist, Polarity Therapy Practitioner, Certified Holistic Health Coach and Spiritual Counselor.

Remember that we are a fragrance free environment, please refrain from wearing perfume and/or scented lotion.