

**Wellness Begins Here, LLC and the  
Pocono Environmental Education  
Center (PEEC) present our**



# **2010 Summer Seasonal Health & Wellness Mixer**

**Wednesday July 21, 2010  
6:30pm to 9:00pm**

**ALL RELATED HEALTH &  
WELLNESS SPECIALTIES  
ARE WELCOME:**

Acupuncture  
Integrative Medicine  
Massage Therapy  
Herbology  
Yoga & Pilates  
Reiki  
Fitness Training  
Health & Wellness Coaching  
Nutrition  
Life Coaching  
Environmental Education  
Lyme Treatments  
Health Food  
Hypnotherapy  
Nutraceuticals  
Ayurveda  
Chiropractic  
Art, Music & Dance Therapy  
Stress Management  
Pet Therapy  
Green Living  
Feng Shui  
Meditation  
Compounding Pharmacology  
Qi Gong & Tai Chi  
Tong Ren  
Colon Hydrotherapy  
Reflexology  
Kinesiology and more...

WBH and PEEC welcome health & wellness practitioners, and everyone interested in pursuing a healthy lifestyle, to join together and connect in this casual setting. Local experts will have the opportunity to share information about balanced living, prevention and healing, with one another and with wellness enthusiasts from around our tri-state area.

For more information, directions and to pre-register, please visit

[www.wellnessbeginshere.net](http://www.wellnessbeginshere.net)

Or call 1.866.709.6005

Healthy snacks and refreshments  
will be provided.

\$5.00 per person



**LOCATION:**  
PEEC  
Main Dining Hall  
RR2 Box 1010  
Dingmans Ferry, PA  
570-828-2319  
[peec@peec.org](mailto:peec@peec.org)  
[www.peec.org](http://www.peec.org)