



Calendar of Events

December 2008 & January 2009

Avalon Wellness Centre offers a variety of individual services including Massage Therapy, Reflexology, Ear Candling, Reiki, Hot Stone Massage, Individual and Relationship Counselling, Coaching, Addiction Counselling, Acupuncture, Naturopathic Medicine, Hypnotherapy, Clairvoyance, Irlen Syndrome Screening.

For more information on workshops, courses, and retreats, please call us or refer to our flyers and brochures in the Avalon's front lobby.

705-728-6021

www.avalonwellnesscentre.com

email: info@avalonwellnesscentre.com

Looking for the perfect Christmas Gift? A gift certificate from Avalon Wellness Centre is easy to order. Call ahead and we'll have it ready.

December

- Dec. 6/08 **Emotional Health and Wellbeing** (anger management) with Donna.
Sat. 9:30 to 4:30 Fee: \$120. Call 728-6021 to register
- Dec. 11/08 **"Have a Healthy Holiday from MonaVie"** Open house informational session on MonaVie with Jen Morin. Give the gift of health this holiday season. Thurs. 7:30 - 9 p.m. Fee: Free of charge. Call 705-627-6510 or email jen.acaihealthandwealth@gmail.com for more information.

Register Now

Love Yourself, Heal Your Life with Janet Matthews. This 3 part series, based on the philosophy of Louise Hay is \$179.

Jan. 18/09 1 - 4 p.m. Health - The Mind Body Connection

Feb. 1/09 1 - 4 p.m. Relationships (All Kinds)

Feb. 15/09 1 - 4 p.m. Prosperity & Abundance

Call now to reserve your space 728-6021

Just For The Health Of It!

Fun Workshops with Marie-Anne day or evening

Get a group together and call 728-6021 to book a two hour time.

Reflexology Funshop - Roll up your sleeves and pant legs!

Room for 4 to 6 people \$30

Explore the wonderful world of Aromatherapy! Come and play with essential oils. Room for 6 to 15 people \$30 + \$10 for materials

Avalon Wellness Centre
11 Collier Street, Suite 302
Barrie, Ontario L4M 1G5

705-728-6021 or www.avalonwellnesscentre.com

January 2009

- Jan. 5/08 **Monthly Information Evening** 2009 is already developing exciting possibilities. Please join us on Mon. 7 - 9 p.m. as we introduce upcoming events and showcase Janet Matthews. Come meet the practitioners
- Jan. 8/09 - **13 Million People on line at the same time, listening to Eckhart & Oprah...** Donna & Marie-Anne invite you to join us for 10 weeks. View the TV broadcast and share your thoughts & ideas on "A New Earth".
Mar. 12/09 Thurs. 6-8:30 pm Fee: \$10 per session or \$80 paid in advance by Jan. 8/09.
- Jan. 9/09 **Meditation Course** with Kathy Dillon. Bring joy into your life, become aware of your personal power, take charge of your life and find a place of peace. Friday 7 - 9 p.m. for 6 weeks. Pre registration required. Fee: \$120, early bird special register by Dec. 15th and save \$20. Call 705-627-7807 to register
- Jan. 10/09 **Reiki Level 1** with Donna. Sat. 9:30 - 4 p.m. Fee: \$150. (lunch included) Call 728-6021 to register
- Jan. 12, 19, **Emotional Health & Wellbeing** (anger management programme)
26/09 with Donna. Pre-appointment required. Call 728-6021 for information
- Jan. 17/09 **Rocky Mountain Mystery School** with Carolina Gutierrez. Introduction to RMMS, a school for the study of Traditional Metaphysics. With an authentic lineage that can be traced back 3000 year, RMMS's motto is Know Thyself. Free information session Sat. 11 - 12:30. Call 416-219-1088 or email info@totalequilibrium.com to register
- Jan. 18/09 **Health-The Mind Body Connection** with Janet Matthews. The first in the Love Yourself, Heal Your Life series based on the philosophy of Louise Hay. Sunday 1- 4 pm. Fee: \$179 for series. Call 728-6021 to register
- Jan. 20/09 **Mastermind Group** with Fran Stenlik. Free instruction to individuals who want to make a difference in their lives. 10 week course Tues. 7-8:30 pm. Fee: \$25 for the book. Call 728-6021 to register.
- Jan. 31/09 **Assertive Communication Workshop** with Donna. Sat. 10-4. Fee: \$120. (lunch included). Call 728-6021 to register

Please Note: Pre-registration is required for all activities as spacing may be limited. Dates are subject to change based on minimum registration requirements.

Ongoing Courses and Groups

- Chi Kung Classes** With Deborah Cameron on Mondays 5:15 - 6:15 p.m.
Call 826-2365 for more information
- Reiki Exchange** With Donna on the 3rd Tuesday of the month at 7 p.m.
Call 728-6021 for more information. \$10 donation appreciated
- Therapeutic Touch Practice** with Arlene Cugelman on the 1st Tuesday of the month.
Tuesday 7-9 p.m. Fee: By Donation. Call 721-1850 for more information

For Rent!

Did you know that Avalon Wellness Centre has treatment and group space available for rent? If you have a wellness related practice or group that would benefit from being at our well known location, please call Donna or Marie-Anne for more information