



Calendar of Events

July & August 2010

Avalon Wellness Centre offers a variety of individual services including
Massage Therapy, Reflexology, Ear Candling, Reiki, Hot Stone Massage, Cold Laser Therapy
Individual and Relationship Counselling, Coaching and Mentoring, Addiction Counselling,
Naturopathic Medicine, Acupuncture, 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.

GREAT OPPORTUNITY – AVAILABLE IMMEDIATELY

Large, bright professional office or treatment space in financial district of downtown Barrie.
May be affiliated with established Wellness Centre or operate as an independent business.
Please call Donna or Marie-Anne at 728-6021 for information. www.avalonwellnesscentre.com

- July 20/10 **Abraham Evening White Light Circle Session** with Jacqui. This evening is an evening of meditation and sending out white light to the planet. This evening is an evening you may say “I served the planet”. Tues. 7-9 pm. Cost: donation or free
Call 705-737-5079 or email jacquiconsults@sympatico.ca. Space is limited
- July 19 or **Emotional Health and Well Being Information Session** with Donna. Learn
Aug. 16 or about the options and possibilities for developing emotional health including
Sept. 13/10 stress management, anger awareness, effective communication, coaching and
mentoring, individual or couples counselling. Pre-registration required.
Monday 7-8:30 pm. Cost: Free of charge. Call Donna at 705-728-6021
- July 21 or **Irlen Syndrome Information Session** with Fran. Who do you know who
Aug. 18/10 struggles in school? Who do you know who is using tutoring services? Who do
you know who is sensitive to light or suffers from headaches? Who do you know
who will be attending summer school? Irlen Syndrome a “piece of the puzzle”
could be instrumental in their education success. Wed. 7-8. For information on
Irlen Syndrome go to www.irlen.com . Contact: Fran Stenclik at 705-719-0549
or email focus4u2day-irlen@yahoo.ca.

Avalon Wellness Centre
11 Collier Street, Suite 302
Barrie, ON L4M 1G5
www.avalonwellnesscentre.com

Sandra's Summer Specials

For the months of July and August I am offering this special rate for massage therapy and laser therapy. Receive a 1 hour massage session for the price of a 45 minute massage session.

Savings of \$10.77

Pre-book 3 laser sessions (within a 3 week period) and save over \$10.00 (HST applied to all fees)

Don't let fun in the sun stop you from receiving a therapeutic massage or a laser session.

Marie-Anne's Summer Specials

Reflexology with Marie-Anne - just \$30.00... almost ½ price!!! I am excited to tell you that I am taking courses to become a CERTIFIED REFLEXOLOGY TEACHER!

Take part in my case studies and get REFLEXOLOGY TREATMENTS for just \$30.00. I will need your commitment for at least three or four treatments to complete an evaluation. Book four treatments and save \$100.00!!!

Don't miss out on this great opportunity to receive caring treatments, take care of your health and save tons of money at the same time!

This promotion will be honoured until August 31, 2010. Call and book your appointment NOW!

This cannot be used with any other promotion.

Donna's Summer Specials for Creative Counselling and Coaching

Do you have old issues and conflicts that keep popping up?

Are you facing major challenges and changes in your life?

Are you sick and tired of repeating the same old patterns?

Now is a great time to sort them out and move forward.

Call now and book at least 3 sessions for \$65.00 per hour each.

This promotion will be honoured until August 31, 2010.

As of July 1, 2010 Jacqui will be opening up "The Waterview Space" through jacquiconsults at the Lower Level of 125 Dunlop Street on Lakeshore Mews in Barrie. All Abraham Evenings and 1:1 sessions with Jacqui will be held in this space. First evening begins July 7, 2010 from 7-9pm. Check her website at www.jacquiconsults.com for further information or call 737-5079 for a tour of the space. She thanks The Avalon Wellness Centre for their welcoming spirit and incredible energies. By the way she is only about a 30 second drive from the Avalon Wellness Centre.

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 at 705-728-6021 for more information