

# PLEASE JOIN US FOR Natural Awakenings Magazine FREE Monthly Holistic Networking Breakfasts

## WHY ATTEND?

Each month you will have a new opportunity to:

- expand your personal and professional network to meet holistic practitioners in the region
- learn about a variety of healing modalities
- share wisdom and gain more insight into local options for wellness and life balance
- engage in a free opportunity to market yourself or business, ask questions and share information
- be part of a growing community of individuals dedicated to health and well-being
- start your day with a delicious breakfast and good company!

**natural  
awakenings**  
healthy living. healthy planet.

## UPCOMING NETWORKING BREAKFASTS:



## Everyone is welcome to these free monthly events.

Information about upcoming breakfasts can be found each month in Natural Awakenings Magazine news brief and calendar sections.

### October 12 8 to 10 a.m.

Gina MacDonald MA, LPC, a licensed professional counselor in private practice, will speak about Body Image Therapy for women struggling with body image. She will also discuss benefits of yoga practice for positive body image.

*225 Montowese Street, Branford, CT*

*Please RSVP by noon on October 11: (203) 488-1886 or (203) 710-6665*

### November 9 8 to 10 a.m.

Jennifer Brosious and Laine Harris, co-owners of Your Community Yoga Center, will share simple stretches, and discuss the range of people who take or teach yoga at the center and how yoga can benefit all ages, sizes, interests and temperments.

*39 Putnam Avenue, Hamden, CT*

*Please RSVP by noon on November 8: (203) 287-2277*

**Call 203-988-1808 for more information**