

Saturday, November 4th

Letting Go Workshop, 10:00am-12:30pm. Center for Balanced Living LLC, 74 Lunt Rd., Suite 206, Falmouth. How often have you heard the expression or advice, "Let it go, just let it go" or "Let go and Let God?" You are struggling with a crisis, an emotional issue, or a relationship challenge and someone tells you to detach and release. But you feel stuck in the pain, fear or doubt that accompanies your personal dilemma. We all struggle with faith and feeling centered in times of stress and find it hard to do exactly what we need to do...let go. In this reflective and experiential workshop we will look at and practice some specific tools of the letting go process as well and examine more deeply its spiritual dimension. Presented by Lucille Meltz, MSED. MA. \$50. To register, visit: <https://schedulicity.com/scheduling/BSH3LQ/workshops>

The Radiant Life Symposium,

8:30am-4:30pm. The Stone Barn, St. Joseph's College Campus, 278 Whites Bridge Rd., Standish. Do you crave the latest information in health, happiness, finances, balance, and life in general? Do you want to hear all about cutting-edge ideas and insider knowledge that won't be mainstream for another 10-15 years? And are you game for a little fun too... say, some snazzy dance moves mixed in to laugh and learn? If you answered yes to any of those questions, you have a choice. You could: a) Spend hours researching and reading, combing the web to find knowledge and wisdom on your own. Or, b) Join us for the 3rd Annual Radiant Life Symposium and listen to some of Maine's most prominent Thought Leaders share all their expertise with you! \$137. For more information and to register, visit: www.eventbrite.com.

Sunday, November 5th

Maine Women's Fall Expo at Thompson's Point, Portland, 12:00-5:00pm with Happy Hour 5:00-7:00pm. Karen St.Clair, EFT Practitioner, will be presenting the powerful mind/body technique of EFT Tapping. The Fall Expo promises to be a spectacular experience for all. Check the website for updates on exhibitors, demonstrations and special activities at www.mainewomenexpo.com. Advance tickets are available for \$8 (\$15 at the door). All ticket proceeds will go to Girl Scouts of Maine.

Wednesday, November 8th

Heavy Metals Detox, 6:00pm-8:00pm. Center for Balanced Living LLC, 74 Lunt Rd., Suite 206, Falmouth. Every day our bodies absorb a variety of toxins including heavy metals such as aluminum, barium, cadmium and mercury. Certain foods, personal care products and environmental factors all contribute to the build-up of unsafe metals in our body. It's important to keep a healthy balance and remove these toxins to allow for optimal health, including: increased energy, memory and vital organ functioning. Janine Fifield, Certified Integrative Health Coach will teach you how to chelate these metals on a regular basis, with herbs, tinctures, activated charcoal and other natural solutions to improve your well-being and enhance your life! \$40. To register, visit: <https://Schedulicity.com/scheduling/BSH3LQ/Workshops>

Saturday, November 11th

Beat the Sugar Blues and Find

Some Sweet Alternatives. 2:00 – 4:00pm Center for Balanced Living, LLC 74 Lunt Rd. Suite 206, Falmouth. Feeling like you've got a bit of the sugar blues these days? Join us for an afternoon of discovery, as we look at the direct affect that sugar plays in our everyday life, from mood disorders to energy levels and aging! Learn how you can substitute your sparkly granules with some sweet and healthy alternatives to enhance your overall health and well-being. Certified Integrative Health Coach Janine Fifield is the presenter. \$40/\$50. Register at: <https://schedulicity.com/scheduling/BSH3LQ/workshops>

Wednesday, November 15th

Brave Moves Business Series, #5: Creating Prosperity by Taking Your Time

8:30am-11:30am. Center for Balanced Living LLC, 74 Lunt Rd., Lunt Auditorium, Falmouth. This workshop is designed to help you value all of your time; not only the time that perceivably is directly related to bringing you the money. By now we are all at least familiar with the concept of The Law of Attraction; it is our energetic vibration that draws to us what we manifest in our lives. How many of us really pay attention to that on an everyday basis? We can conceptually use the Law of Attraction to bring in clients, money, and a self-satisfying career. If you believe that you are doing all the right things and it isn't working then you either need to shift your beliefs, (subconsciously and consciously) or change your behavior. When we pour all of our energy into building our businesses, taking care of our families and relationships;

we often forget that our primary relationship- the one we have with ourselves- is lacking. We want to live a life of abundance in our most important relationship, the one with ourselves. Early Bird Price through 11/8: \$65, \$75 after 11/8. To register, visit: <https://brave-movesworkshop6.eventbrite.com>

Sunset Yoga Flow in the Greenhouse,

7:00-8:00pm. Highland Avenue Greenhouse and Farm Market, 109 Highland Avenue, Scarborough. Join Jennifer Gelfand, DPT, 200hr CYT, for a vinyasa flow amongst the flowers in our greenhouse patio as she leads you through a balanced yoga practice accessible to all levels of experience and will leave you feeling rejuvenated and grounded. Refresh with a sampling of Urban Farm Fermentory Kombucha afterwards! Beginners welcome! BYOM (Bring your own mat). \$12. Buy tickets at: www.eventbrite.com.

Friday, November 17th

Soul Café Featuring Ronda Dale,

6:30pm-8:00pm. Soulful singer and guitarist, Ronda Dale will lead us musically through the art of deep listening. Expect some sing-a-long interaction, and a meaningful dive into really hearing the music, the lyrics and ultimately, one another. \$20/\$30. To register, visit: <https://schedulicity.com/scheduling/BSH3LQ/workshops>

Saturday, November 18th

Healthy Mama, Healthy Baby,

10:00am-12:00pm. Soul Being, 662 Congress St., Portland. We believe in cultivating a community of women helping women. Join us in Portland for this informative and interactive event! We will focus on issues common during pregnancy and after delivery and target overall body/mind wellness. Babies are welcome! Topics include: How to feel your best & prepare your body for a natural delivery; strengthening your pelvic floor post-delivery; self-care once you are home...and much more! Free event, but please register as space is limited! For more information & to register, visit: www.eventbrite.com and search "Healthy Mama, Healthy Baby"

Thursday, November 23rd

Thanksgiving Day Meal-Volunteers Needed,

8:30am-2:00pm. Portland Club, 156 State Street, Portland. Wayside Food Programs is partnering with the United Way of Greater Portland and Black Tie Catering to serve another delicious Thanksgiving dinner to our community this year! They have a variety of volunteer positions on Thanksgiving Day. All volunteer positions require the ability to stand

for 2+ hours. Volunteers are required to stay until the end of the shift (or until clean up is over). For more information or to register, visit: www.eventbrite.com or call Carly Milkowski at 775-4939.

Friday, November 24th

Light Friday-a Day of Light and Bliss, 11:00am-5:00pm. Center for Balanced Living LLC, 74 Lunt Rd., Suite 206, Falmouth. Come and enjoy a 15-minute Reiki Session, Craniosacral treatment, Tarot Reading, Emotional Freedom Technique session, Polarity, Massage, Medical Intuitive Reading and other Energy Work by trained professionals. Bring relaxation, renewal and light into your being over the holidays. \$20 donation per treatment. Donation will be given to Gordon Green House, a program of The Opportunity Alliance. Drop-in. FMI call: 781-5100

Wednesday, November 29th

Empowering the Empath. 6:00 – 8:00 pm Center for Balanced Living, LLC 74 Lunt Rd., Falmouth. Empaths have a great sensitivity to the energies of others around them and their environment. Often times being coined as “too sensitive” or too “emotional” empaths have an innate ability to intuitively connect with a greater awareness and are spiritually tuned into life. So often this can cause exhaustion and fatigue from sifting through energies and situations that can become draining and at times toxic. Come and learn some new techniques on how you can...

- zip up and create boundaries with others in everyday life experiences.
- * Manage anxiety as you navigate crowds and stressful situations
- Distinguish which feelings belong to you and which don't and avoid absorbing others emotions.
- Intuitively, emotionally, physically, and spiritually protect yourself from the harsh environment of our world. Presenter: Janine Fifield. \$40/\$50. Register at: <https://scheduling.com/scheduling/BSH3LQ/workshops>

Saturday, December 2nd

Discover Your Life School and How to Live It: An introduction to the Spiritual Esoteric Wisdom of Hand Analysis. 2-part workshop (2nd session is December 9th). 10:00am-12:00pm both days. Center for Balanced Living LLC, 74 Lunt Rd., Falmouth. Do you ever wonder what you are really here to learn in this lifetime? Your Life School found in your fingerprints can tell you if you are here to best learn Love, Service, Peace or Wisdom and how that impacts your daily life and your Soul's Purpose. In this two-part, two-session

experiential and interactive class you will learn the basics of palm lines and shapes and how your inner life, talents and personality are revealed in your hands. Additionally, you will receive a personalized identification of your Life School and an interpretation of how it affects your life! LUCILLE ANN MELTZ, MSED, MA, (www.ltl-light.com) workshop leader is an experienced hand analyst trained by a master teacher from the International Institute of Hand Analysis. She has done hundreds of readings, providing in-depth and often life changing insight into the Soul's Agenda in this lifetime. \$90/\$100. Please register at: <https://www.scheduling.com/scheduling/BSH3LQ/workshops>.

Sunday, December 3rd

Santa Hustle® Maine 5k & Half Marathon, 7:00am. The Maine Mall, 364 Maine Mall Rd., South Portland. If you are a Christmas lover, enjoy overplayed holiday music, devouring candy and cookies, and joining in on an epic after party then grab your favorite friends and family and register for the 2017 Santa Hustle® Maine 5k & Half Marathon! The 2017 Santa Hustle® Swag is bound to make your jingle tingle even brighter with a Santa Hat, Santa Beard, Santa Shirt, Finisher Medal, and NEW! Candy Cane Socks! The 2017 Santa Hustle Maine Official Charity is Easter Seals. To register, visit: <http://www.santahustle.com/new-england/>.

Apothecaries for the Holidays, 1:00pm- 3:00pm. The holidays are a wonderful time to share some homemade love. Janine Fifield, Certified Integrative Health Coach, will share her favorite holiday recipes to revitalize your skin and share with yourself or loved ones this season! Delightful peppermint and gingerbread body scrubs, and lemon coconut lip balms. Materials are included plus you'll have the option to add ribbon and personal style to each gift. \$40. Register: <https://scheduling.com/scheduling/BSH3LQ/workshops>

Thursday, December 7th

The State of Maine Wildlife with Judy Camuso, 7:00pm. Maine Audubon, 20 Gilsland Farm Rd., Falmouth. As the Wildlife Director for Maine Inland Fisheries & Wildlife, Judy Camuso is the Maine's top wildlife conservation official (and a former Maine Audubon Staff Naturalist!). Join us for an update on the current status, trends and priorities for Maine's wildlife followed by a community forum of questions and conversations. Members: \$12, Non-members: \$15. Register at: www.maineaudubon.org/events.

Saturday, December 9th

Late Fall Native Plant Seed Sowing Workshop with Heather McCargo, 9:30am. Maine Audubon, 20 Gilsland Farm Rd., Falmouth. Late Fall is seed sowing time in Maine! Most native plants propagate naturally outdoors over winter, and starting native plants from seed is a fun, economical way to benefit your landscape. This workshop will focus on do-it-yourself seed propagation of native plants. Participants will leave with several seeded pots. The seeds of our native plants have a different set of needs than those of garden and vegetable species. This workshop will teach you how to sow native seeds in a small outdoor propagation area. An individual, school, community group, or farm can produce a wide variety of perennial and woody species using the methods demonstrated in this workshop. Propagation of trees, shrubs, wildflowers, and ferns will all be covered. Led by Heather McCargo, executive director of Wild Seed Project and an educator with 30 years experience in plant propagation, landscape design, and conservation. Members: \$24, Non-members: \$30. Register at: www.maineaudubon.org/events.

Wednesday, December 13th

Cold Moon Evening Hike at Fields Pond with Cyndi Kuhn, 4:00pm. Maine Audubon, 20 Gilsland Farm Rd., Falmouth. This December evening full moon hike features the Cold Moon. The approaching Winter Solstice will become crystal clear as we watch the Cold Moon rise. Snowshoes will be available if needed or bring your own. Adult Members: \$8, Adult Nonmembers: \$10; Child Members: \$6, Child Nonmembers: \$8; Children under 5 are free. Register at: www.maineaudubon.org/events.

Friday, December 15th

Soul Café, 6:30pm-8:30pm. Center for Balanced Living LLC, 74 Lunt Rd., Falmouth. Music provided by The Light Beams, a fun and uplifting evening of song and sing/play along with this amazing duo. If you want love, light and joy in your life, come to Soul Café! \$20/\$30. To register, visit: <https://scheduling.com/scheduling/BSH3LQ/workshops>.

Ongoing

Mondays, Tuesdays and Fridays

Morning Meditation, 8:00-8:30am. Center for Balanced Living, 74 Falmouth Rd, Suite 206, Falmouth ME 04105. FMI, call: 781-5100

Wednesdays

Successful Balanced Living Radio Show,

1:00-1:30pm weekly. WMFG 90.9 FM.

Tune in to hear our own Marketing Director, Lynda Adams (aka Host L.A.), interview weekly guests who will share their knowledge to help you take the steps needed to find fulfillment and success in all areas of your life: physically, mentally and spiritually. Also listen to live stream or to previously aired shows at www.successfulbalancedliving.com.