

## Wednesday, September 5th

**Maine Wellness Professionals Networking,** 5:30-6:30pm. Soul Being, 622 Congress St., Portland. A business-casual networking event for anyone working in the Wellness Industry in Maine. Whether you are a fitness instructor, massage therapist, doula, studio owner, Reiki practitioner, Ayurveda counselor, nutritionist, acupuncturist – whatever your specialty – we all can benefit from professional conversation around our industry challenges and successes. As many of us work independently, this group aims to provide a platform to share tips, ask questions and help one another navigate legalities, policies and best practices within the Maine wellness community. Free event. FMI & to register, visit: [www.mindwellmarketing.com](http://www.mindwellmarketing.com)

## Friday, September 7th

**Restoring Harmony: Deep Relaxation through Reiki and Sound.** 7-9pm. First Congregational Church, 301 Cottage Rd., South Portland. Calm anxiety, release tension, and restore harmony to your whole being as Reiki and healing sound clear energetic blocks on physical, emotional, mental and spiritual levels. A relaxing and rejuvenating experience, including a chakra toning practice, crystal singing bowls, bells, and sacred drumming with hands-on Reiki. Facilitated by Melissa Redman & Andrea Wenger, \$40/\$45 FMI and advance registration: [andrea Wenger.com/special-events/](http://andrea Wenger.com/special-events/), or call 207.233.9158.

## Saturday, September 8th

**Mind Body Spirit Festival,** 10am-4pm. Point Sebago Resort, 261 Point Sebago Road, Casco. Energize your life at this festival with holistic health practitioners: Reiki, reflexology, psychics & mediums, an animal communicator, a medical intuitive and other energy healing therapies. Natural and organic skin care products, crystals, gems and jewelry plus a variety of enlightening workshops! \$5.00 admission includes some workshops; other workshops require paid tickets. [www.mindbodyspiritfestival.org](http://www.mindbodyspiritfestival.org)

**Free Yoga Class,** 11:30am-1pm. The Yoga Center, 449 Forest Ave Plaza, Portland. We offer ongoing classes in yoga, meditation, yin, restorative as well as Yamuna Body Rolling and the Feldenkrais Method. Come check out our studio and try a class. Free classes offered on multiple dates. FMI, visit: [maineyoga.com](http://maineyoga.com) or call 774.9642

**Wild Woman Project with Danielle Gismondi,** 5-6:30pm. Honor Movement Studio, 502 Stevens Avenue, Portland. Every new moon, we have the opportunity to set an intention or wish for the moon cycle ahead. It is a seed-ing time, and more powerful than one might

imagine. Here, we remember what it's like to be a woman, untamed, in the company of others. Leave your masks and veils outside. Come just as you are, no questions asked. Inside, you are seen as you and supported as a woman who feels deeply and intuitively. Based on the astrology of the new moon, we explore different themes of the divine feminine within a sacred container that we create together. All who identify as women are welcome. \$15-\$20 sliding scale for materials. Inquire further if price is a barrier. FMI & to register, visit: [www.honormovementstudio.com](http://www.honormovementstudio.com)

## Thursday, September 13th

**Smoothie Workshop: Mastering Healthy Breakfasts on the Go,** 6-7pm. Coastal Pharmacy & Wellness, 29 Marginal Way, Portland. Smoothies are a great way to pack a lot of nutrition into a quick and on-the-go form. Whether your aim is to get more protein or veggies into your diet or you're looking to pack in some functional foods, smoothies can be a great addition to your diet. Certified Integrative Nutrition Health Coach, Tammy Nonni, will cover the health benefits of various ingredients and will make different recipes for sampling. Free event. Registration required at: [coastalpharmacyandwellness.com/resources/events](http://coastalpharmacyandwellness.com/resources/events)

**In One End and Out The Other: The What's Of The Guts,** 6 -7:30pm. OOB/Saco Adult Education, OOB High School, 40 East Emerson Cummings Blvd, Old Orchard Beach. Do you really know your gut? Get to know the soups-to-nuts, from tongue to bum, of your digestive tract. You'll learn the anatomy of your digestive tract, how your gut processes the food you eat, and why those little bugs called your microbiome are so important. Class led by Stephanie Walsh. \$15. FMI, visit: [www.theholistichealthapproach.com/upcoming-events](http://www.theholistichealthapproach.com/upcoming-events)

## Saturday, September 15th

**2nd Annual Wellness Conference,** 9am-2pm. Maine College of Health Professions, 70 Middle Street in Lewiston. Join Stephanie Walsh and other holistic practitioners to learn about yoga, reflexology, Reiki, vision boards, integrative health, EFT Tapping and more. Stephanie will be speaking at 10:00am to talk about how stress effects gut health and how gut health is key to brain health! What you eat can either support or compromise your brain and digestive activity. You'll learn about the gut-brain connection, how stress and depression or anxiety effect your gut health, and what foods or supplements are vital for optimal gut and brain health. \$10. FMI, visit: [www.mchp.edu/wellness-conference-2018](http://www.mchp.edu/wellness-conference-2018)

**Be Well Self Care Summit,** 10:30am-2pm. CloudPort, 63 Federal Street, Portland. Be Well Events and Maine Cryospa and Therapy are thrilled to bring you our first ever women's wellness event. We will start with a centering vinyasa flow class, followed by some healthy bites and signature drink . Next we will hear a word from our expert speakers including a Q&A session. We will end the afternoon with photo booth fun, swag bags, complimentary massages by Health Resonates and mingling! Find link to register at: <https://soulbeing.com/event/be-well-self-care-summit>

## Tuesday, September 18th

**Autumn Herb Walk at Deering Oaks Park,** 5:30-7pm. Coastal Pharmacy & Wellness, 29 Marginal Way, Portland. As the light shifts, on the week of the Equinox, we'll visit with the plants as their energy moves back into their roots in preparation for the seasonal changes ahead. Our evening will be rich in herbal folklore, laughter, and understanding of how to incorporate our new plant friends into daily life. Walk Leader: Mischa Schuler, Community Herbalist and Founder of Wild Carrot Herbs. Meet at Coastal Wellness at 29 Marginal Way and we'll walk to Deering Oaks Park together. The walk will be a leisurely quarter mile (approximately) with stops along the way. Free event. Registration required at: [www.coastal-pharmacyandwellness.com/resources/events](http://www.coastal-pharmacyandwellness.com/resources/events)

## Wednesday, September 19th

**Meditation and Contemplation,** 6:30-9pm (6 week series beginning September 19th). Center for Balanced Living, Suite 206, 74 Lunt Rd, Falmouth. Join Elizabeth Jackson and delve into silence for 15 minutes and then listen to Inspirational Interviews from the 2018 Hay House World Summit. Each week we will explore a different subject presented by evolutionary teachers. There will be time for journaling and a brief discussion about what we have heard and an opportunity to incorporate some practices with support. This first series will run for 6-weeks. Cost is \$60 for series. You must register in advance: Call 207.781.5100 or go to <https://schedulingcity.com/scheduling/BSH3LQ/workshops>

## Thursday, September 20th

**Eat Your Greens and Gasoline: What You Don't Know You're Eating,** 6-7:30pm. OOB/Saco Adult Education, OOB High School, 40 East Emerson Cummings Blvd, Old Orchard Beach. Ever wonder what those unpronounceable ingredients are in your food? There are a lot of hidden toxins in our food supply. You'll learn where those artificial foods are coming from (hint: think of your car's gas tank), how pesticides and other toxins effect your overall health and why gut health is important in protecting you from these insults. Class led by Stephanie Walsh. \$15. FMI, visit: [theholistichealthapproach.com/upcoming-events](http://theholistichealthapproach.com/upcoming-events)

## Friday, September 21st

**Soul Café**, 6:30-8:30pm. Center for Balanced Living, 74 Lunt Rd, Lunt Auditorium, Falmouth. Featuring Todd Glacy binging us Peace Concert: Sacred Song and Gong Meditation. Please call 207.781.5100 to reserve your spot or visit, <https://scheduling.com/scheduling/BSH3LQ/workshops>

## Monday, September 24th

**The Anytime, Anywhere, Any Level Workout**, 6-8pm (2-part class – 2nd class on Monday, October 1st). OOB/Saco Adult Education, OOB High School, 40 East Emerson Cummings Blvd, Old Orchard Beach. Learn about getting fit and putting it into practice. Finding time to work out is difficult, add travel time to a gym and it feels near impossible! The gym can be intimidating for beginners, yet you may feel lost on how to create a safe and effective home workout. Join Stephanie Walsh to gain an understanding of how your body moves, learn the many benefits of exercise, recognize what you can do to reduce risk of falls or injury and build your own low-tech home gym. \$39. FMI, visit: [www.theholistichealthapproach.com/upcoming-events](http://www.theholistichealthapproach.com/upcoming-events)

## Wednesday, September 26th

**Life Mastery Series - Enjoy the Experience of Being Fully Human and Transcendental with Enlightenment Transmission**, 6:45-10pm. Quaker Meeting House, 1837 Forest Ave, Portland. Would you like to be transported to heaven and have your feet on the ground at the same time? The purpose of this Introduction meeting is to share the experience of the Enlightenment Transmission, to provide an update about valuable new developments in Enlightenment Transmission Teaching, to meet interested participants both old and new and to share the deeper aspects of the Oshana Energy-Work Method. Free event (appreciation and donations are accepted but not expected). Arrive early, seating is limited. Doors will be shut when lecture starts. FMI & to register, visit: <https://www.daveoshana.com/events>

## Thursday, September 27th

**Fatigue, Fogginess, Fear & Food – What Your Brain May Be Telling You**, 6-7:30pm. OOB/Saco Adult Education, OOB High School, 40 East Emerson Cummings Blvd, Old Orchard Beach. Gut health is key to brain health! What you eat can either support or compromise your brain activity. You'll learn about the gut-brain connection, how stress and depression or anxiety effect your gut health, and what foods or supplements are vital for optimal gut and brain health. Class led by Stephanie Walsh. \$15. FMI, visit: [www.theholistichealthapproach.com/upcoming-events](http://www.theholistichealthapproach.com/upcoming-events)

## Thursday, October 4th

**Don't Worry, I've Gut This! – Your Road to a Healthy Gut**, 6-7:30pm. OOB/Saco Adult Education, OOB High School, 40 East Emerson Cummings Blvd, Old Orchard Beach. Knowledge is power, and now you've got the power to optimize your gut health! You'll learn several lifestyle steps you can take to support your digestive tract, improve your gut health and live a happier, healthier life! Class led by Stephanie Walsh. \$15. FMI, visit: [www.theholistichealthapproach.com/upcoming-events](http://www.theholistichealthapproach.com/upcoming-events)

## Sunday, October 14th

**Mind Body Spirit Festival**, 10am-4pm. Hilton Garden Inn, 5 Park Street, Freeport. Energize your life at this festival with holistic health practitioners: Reiki, reflexology, psychics & mediums, an animal communicator, a medical intuitive and other energy healing therapies. Natural and organic skin care products, crystals, gems and jewelry plus a variety of enlightening workshops! \$5.00 admission includes some workshops; other workshops require paid tickets. [mindbodyspiritfestival.org](http://mindbodyspiritfestival.org)

## Thursday, October 18th

**Anxious to Awesome: Mindhacks for a Peaceful and Powerful Life**, 6-7:30pm. Coastal Pharmacy & Wellness, 29 Marginal Way, Portland. In this workshop, you will learn how to leverage neuroscience, mindset, your energy field, and the Law of Attraction to dial down stress and ramp up success! Master your mind and you will unleash your life with a toolbox of tricks that work with the bartender in your brain and the power of your thoughts! This is NOT your average stress relief workshop! Speaker: Bambi Thompson, Brain Coach and Speaker – Anxiety Transformation and Success Acceleration. Free event. Registration required at: [www.coastalpharmacyandwellness.com/resources/events](http://www.coastalpharmacyandwellness.com/resources/events)

## Friday, October 19th

**Soul Café**, 6:30-8:30pm. Center for Balanced Living, 74 Lunt Rd, Lunt Auditorium, Falmouth. Featuring Ben Carroll, Sound Healing Journeywork. Cost: \$35 in advance, \$40 at the door. Please call 207.781.5100 to reserve your spot or visit, <https://scheduling.com/scheduling/BSH3LQ/workshops>

## Wednesdays

**Successful Balanced Living Radio Show**, 1-1:30pm weekly. WMPG 90.9 FM. Tune in to hear our own Marketing Director, Lynda Adams, 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, emotionally and spiritually. Also listen to live stream or to previously aired shows at [www.successfulbalancedliving.com](http://www.successfulbalancedliving.com) and clicking on WMPG logo.

## Thursdays

**4-Week Gut Health Series starting Thursday, September 13.** Join Stephanie Walsh to learn how digestive complaints are not the only sign of compromised gut health. Did you know that brain fog, fatigue, depression, weight gain,

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acne, joint pain, allergies, chronic infections, thyroid problems and more all relate to the health of your gut? In this Gut Health Series, learn what's going on in your gut, how your food and mood are affecting your gut health, and the steps you can take to get back on track to a healthier, happier you!

Attendance at all 4 classes not required, but attending at least one of the 4-week series will be beneficial so why not sign up for the entire series! Each week builds your knowledge of the digestive tract and enhances your chance of optimizing your gut health. \$15 each class. Held at OOB/Saco Adult Education. FMI, visit: [theholistichealthapproach.com/upcoming-events](http://theholistichealthapproach.com/upcoming-events)