

Thursday, November 1st

Intro to Hospice: Guiding You Through End of Life Planning and Care. 6-7:30pm, Coastal Pharmacy & Wellness, 29 Marginal Way, Portland. It's common to think of hospice only when someone is in their final days and it's time to "keep them comfortable." Hospice is so much more than that. It's about working with caring people who listen and guide you and your family through a very difficult time. Join Jaye Van Dussen of Hospice of Southern Maine to learn what hospice is and what services are available to help us "live until we die." It's not about giving up, it's about easing into death as prepared as you can be. Hospice helps the whole family do just that. FREE event. Register at: www.coastalpharmacyandwellness.com/resources/events

Saturday, November 3rd

TEDxDirigo. 12-6pm, Innovation Hall at University of New England in Portland. What if? Two words that open endless possibilities - hypotheticals, brainstorming, risks. What if? challenges norms, expectations, and the current state of affairs. Join us as we stare down the unknown. What if we come together to pose the hard questions and seek better answers? Tickets are now \$50 thanks to the generous support of our partners. Visit tedxdirigo.com for more info.

Thursday, November 8th

Implementing an Anti-inflammatory Nutrition Plan. 6-7:30pm, Coastal Pharmacy & Wellness, 29 Marginal Way, Portland. Inflammation is at the root of many disease states. Eating an anti-inflammatory diet can be a huge part of treating chronic pain, heart disease, stroke, Alzheimer's and depression. This talk will guide you through implementing an anti-inflammatory nutrition plan for life. Stephanie Walsh with The Holistic Health Approach, will explain The Inflammation Syndrome: Your Nutrition Plan for Great Health, Weight Loss, and Pain-Free Living as a guide, so you can go home with a comprehensive resource at your fingertips. FREE event. Register at: www.coastalpharmacyandwellness.com/resources/events

Friday, November 9th

4th Annual Maine Sports Medicine Symposium, "Spine: Multidisciplinary Management of the Athletic Lumbar Spine." 8am-1:30pm. University of Maine System, 113 Luther Bonney Auditorium, Talbot Lecture Hall (first floor), Portland. Keynote Speaker: Travis Roy. Some of the topics will be: Low Back Injury - Behavioral Considerations and Rehab Considerations. Tickets are \$35-\$85 and may be purchased at www.eventbrite.com.

Saturday, November 10th

Power of She Yoga Bootcamp. 10:30am-12pm. Maine Mall, Maine Mall Rd., South Portland. Yoga Bootcamp kicks off the Maine Women's Expo. What better way to start the day than demonstrating the strength and power that women have! Something magical happens when women gather to workout together in the spirit of taking bigger steps toward a better you! Bring your girlfriends, sisters, daughter, mothers, step-mothers, grandmothers, aunts and nieces and come celebrate the power of what a woman can do. The Power of SHE. The workout will be formatted to handle everyone's level of fitness. This fun event supports the Boys and Girls Clubs of Southern Maine. \$25 includes entry to Maine Women's Expo. Visit: www.maine योगafest.com for more info and to purchase tickets.

Saturday, November 17th

Harvest Your Soul Live Retreat. 7am-6pm, Triple Jump Fitness & Event Center, 275B Marginal Way, Portland. Join us for an all-day experience to reclaim your life & take your relationships to the next level! We are excited to bring you a soulful retreat based on wisdom, love & research. To give you the opportunity to reflect on what's getting in your way and discover new ways to grow as you move through womanhood. This life-changing experience can begin to build stronger relationships as mothers, daughters and soulful sisters. The focus of the weekend is to bring out the best in YOU. Led by lifestyle coach & fitness leader, Kim DeMado, and featuring an amazing circle of wellness experts for a 'soul-full' healing, spirit-opening retreat. Tickets \$111-333. For more info, visit: www.kimdemado.com/retreat

Friday, November 16th

Sacred Sound Illuminations. 7-9pm, Ways to Wellness Center, 9 Whites Bridge Rd., Windham. Calm your mind, release blocks, and allow sacred sounds to illuminate your mind and heart, restoring harmony to your whole being. Learn how to use your own voice in healing ways, and soak in the healing vibrations of bells, drum, rattle, sacred songs, and Andrea's angelic vocal toning with crystal singing bowls. Andrea Wenger, \$30 FMI and registration: <http://www.andreawenger.com/events/sound-events> or call 410-566-4258.

Tuesday, November 27th

Intro to Herbs: Culinary Herbs to Support the Immune System. 6-7:30pm, Coastal Pharmacy & Wellness, 29 Marginal Way, Portland. With pizzazz and a bit of magic lore, we'll explore the herbs and condiments you have in your kitchen cabinets and refrigerator door that will support you as we move into the winter months. Come away with trust in your body's capacity to keep you warm and healthy through the season, with a pinch of this and a bit of that. Instructor: Mischa Schuler, Community Herbalist and Founder of Wild Carrot Herbs. FREE event. Register at: www.coastal-pharmacyandwellness.com/resources/events

Saturday, December 1st

Joel Cage, acoustic-rock song stylist in concert at Flourish. 8pm. Joel Cage is an award-winning veteran singer/songwriter from Boston. Once a member of the internationally acclaimed rock and roll group Southside Johnny & the Asbury Jukes, Cage has been a performing soloist for the past two decades. \$10 at the door. Flourish-Arts as Sacred Healing at 140 Main St., Biddeford has a magical listening room with a beautifully, artistic ambience. Check out our website at www.flourishme.life or look us up on Facebook.

Wednesday, December 5th

Maine Wellness Professionals Networking Event. 4:30-6:30pm. Soul Being, 622 Congress St., Portland. A business-casual networking event for anyone working in the Wellness Industry in Maine. As many wellness providers 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. 4:30-5:30pm features a limited seating educational workshop followed by open networking until 6:30pm. FMI & to register, visit: mindwellmarketing.com

Thursday, December 6th

SheSpeaks “Sovereign.” 7pm (also held Friday, December 7th), One Longfellow Square, Portland. This popular evening of women’s storytelling hosted by Lael Couper Jepson of SheChanges will be returning to our stage once again this year, but this time even bigger than ever: ONE bold theme, TWO incredible nights of storytelling, and TEN brave women sharing their stories. SheSpeaks is designed to celebrate and honor women – our power, perspectives, voices, wisdom, stories and relevance. Each evening of this two-night series, five women will be taking the stage to share their stories, thoughts, and experiences on the theme of “Sovereign”—those moments we have felt most in touch with our personal power, and have used it to be of service and have impact in our life. Lael will be the emcee of each night, telling her own stories, and weaving them among each speaker to further illuminate the theme of sovereign. \$20 in advance/\$25 at door. Visit shechanges.com for more info.

Saturday, December 8th

Open House of New Location and 27th Anniversary Celebration. 1-4pm, MassageCraft & Acupuncture Clinic, 311 Alfred St., Biddeford. Tour the new clinic and meet our staff to find out what our therapies can do for you. Enjoy hors d’oeuvres and complimentary samples of our acupuncture, massage and energy work services. FMI call 207.286-8416.

Friday, December 21st

Restoring Harmony at the Winter Solstice. 6:30-9:00pm, Portland New Church, 302 Stevens Ave., Portland. Celebrate the coming of the Light with a Solstice ritual followed by deep relaxation through Reiki and Sound Healing. Calm anxiety, release tension, and restore harmony to your whole being as Reiki and sound clear energetic blocks on physical, emotional, mental and spiritual levels. Facilitated by Melissa Redman & Andrea Wenger. \$40/\$45. Details and advance registration: www.andreawenger.com/special-events or call 207.233.9158.

Ongoing

Monthly

Midcoast Lyme Disease Support & Education Support Group, 1st Wednesday of each month. 6-8pm, Mid Coast Hospital (conf rms 1&2), 123 Medical Center Dr, Brunswick. FMI: Paula Jackson Jones at 207.446.6447 or Angele Rice at 207.841.8757 or Email: info@mldse.org. Visit www.mldse.org for list of more support group meetings.

Healing Salon, 3rd Thursday of each month. 6:30-9:30pm, Flourish-Arts as Sacred Healing, 140 Main St., Biddeford. Relax and experience the power of Healing Arts. Choose from an array of evolving mini-sessions such as Reflexology, massage and energy work. November 15th and December 20th. \$2 at the door, individual fees for services. Gather with a group of friends, 4 or more and admission is free! Visit www.flourishme.life for more info and for other a list of other events.

Veterans Reiki Project, 1st Thursday each month. 4-8pm, 62 Portland Rd., Suite 42, Kennebunk. Reiki is provided to veterans and their family members free of charge. Visit www.veteransreikiproject.org for more info.

Weekly on Sunday

Living Life with Lynda Show (formerly Successful Balanced Living show.) 11am-12pm weekly, WLOB 100.5FM or 1310AM or stream online at www.WLOBradio.com. 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 previously aired shows and sign up for Lynda’s newsletter at www.successfulbalancedliving.com.