

# Women's Wellness Retreat - A New Year, a New You

## Mind, Body, Spirit Wellness for 2018 and Beyond

*You will rotate through three workshops, with a social break for a healthy lunch provided by Ethos Health. There will also be vendors with products/services that enhance wellness.*



*Kathryn will provide a discussion regarding the benefits of yoga for the body and mind. This will lead to gradual stretching to help open the body. Most of the session will be yoga asanas and flows, with Pranayama - breathing exercise to help quiet the mind. Closing with Savasana (relaxation), offering a brief visualization and meditation.*

Kathryn Higgins has been practicing yoga for over ten years and has a passion for teaching yoga and helping others. Kathryn decided to take her love for yoga to the next level and pursue teaching. She completed 250+ hours of training at The School of Royal Yoga in Chester, NJ and in Ontario, Canada, and is now a certified Classic Hatha Yoga instructor. She currently teaches classes at the Long Valley Senior Center, offering yoga for all ages, and at her in-home yoga studio located in Long Valley, NJ. Phone 908-268-3714; kathrynhiggins348@gmail.com



*Denise will be discussing Optimal Health Through Hormone Harmony: If you crave more energy and vitality in your daily life, this program is for you. A simple, effective, straightforward session to help women who want to feel happier, healthier, lighter, and full of energy. In this session, participants will identify symptoms of hormone imbalance, learn strategies to start making sustainable changes and feel better than they have in years. Get on the fast track to soaring energy, better mental focus, healthier metabolism, and an upbeat mood! Plus...take a free hormone assessment.*

Denise is an integrative nutrition health consultant and founder of Denise Melito Health, a full service integrative wellness consulting firm supporting individuals, corporations and health professionals with customized wellness solutions. She received her certifications through the Institute for Integrative Nutrition in 2013. Denise spent 25 years in the corporate world. But it was her personal journey in her 20's that sparked her passion for wellness after healing herself from autoimmune disease through the power of nutrition. Now she is passionate about helping others live healthier lives. Denise is also a motivational and educational speaker providing simple solutions to healthier living.



*Peggy will be drawing upon her 20+ years as a therapist, research in psychology, and personal experiences to provide you with 29 suggestions for living your most fulfilling life. The goal in life is not to chase elusive happiness, but rather to live our most fulfilling lives, even through difficult times and challenges.*

Dr. Peggy DeLong, Psy.D. is a psychologist who maintains a clinical psychotherapy and forensic evaluation practice. She serves as an Expert Witness to the State of NJ regarding parenting and child development. She is passionate about helping people improve mental health and finding fulfillment and joy in their lives. She coordinates a weekly women's walking group. She is also the owner/designer of Peggy's Midnight Creations Where the Healing Power of Psychology meets the Art of Jewelry Design. She has authored several published articles, and a memoir to be published in 2018.

When: Saturday, January 27th; 10:00AM-4:00PM

Where: St. Luke Parish, 265 West Mill Rd., Long Valley

Investment in Yourself: \$75 with Ethos Health lunch/\$65 without lunch

For information: Contact Peggy DeLong; [peggydelong@comcast.net](mailto:peggydelong@comcast.net)

pre-register required directly at: <http://drpeggydelong.com/services/community-services/>