

Sunday, September 8th

Wellness Event. Free! 1-3pm. Join us every second Sunday of the month for free mini-acupuncture sessions, Reiki, or Reflexology. Purchase skin care products made naturally by Ashwood Herbs. Register for a healing workshop or exercise class, and meet the practitioners. Peck's Family Acupuncture wellness Center at the Massabesic Regional Medical Building, 813 Main Street, Waterboro. 207.247.7388 or visit www.pecksfamilyacupuncture.com.

Thursday, September 12th

4-Week Gut Health Series, Part 1: In One End and Out the Other – The Whats of the Guts. 6– 7:30pm. \$15. 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. Old Orchard Beach / Saco Adult Ed, OOB High School, 40 East Emerson Cummings Blvd., Old Orchard Beach. To register, please call 207.934.7922 or visit <https://www.theholistichealthapproach.com/upcoming-events>.

Thursday, September 19th

4-Week Gut Health Series, Part 2: Eat Your Greens and Gasoline – What You Don't Know You're Eating. 6–7:30pm. \$15. 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. To register, please call 207.934.7922 or visit <https://www.theholistichealthapproach.com/upcoming-events>.

Thursday, September 26th

4-Week Gut Health Series, Part 3: Fatigue, Fogginess, Fear and Food – What Your Brain May Be Telling You. 6–7:30pm. \$15.00. 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. To register, please call 207.934.7922 or visit <https://www.theholistichealthapproach.com/upcoming-events>.

Thursday, October 3rd

4-Week Gut Health Series, Part 4: Don't Worry, I've Gut This! – Your Road to a Healthy Gut. 6– 7:30pm. \$15. 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! To register, please call 207.934.7922 or visit <https://www.theholistichealthapproach.com/upcoming-events>.

Monday, October 7th

The Healing Way Open House. 5–8pm. Come meet the practitioners at The Healing Way clinic in Brunswick! Renee Lang, ND, FABNO, MPH is a licensed naturopathic doctor with expertise in integrative oncology and chronic disease/tick-borne illness. Lauren Fox, FNP-BC, CCH is a board-certified family nurse practitioner and classical homeopath. The clinic is located on the ground floor of the Parkview professional office building at 331 Maine St. Ste. Brunswick, ME. Light refreshments will be served. Please visit www.reneelangnd.com or email info@reneelangnd.com for more information.

Ongoing

Mondays

Stretch It Out. 10-10:45am. \$120/12 weeks, (\$12 Drop-in Rate). Starts 9/9. This program is a low-impact stretch class designed for adults of all ages and abilities to focus on the areas that carry the stresses of daily life. Participants will focus on hips, hamstrings, abdomen, neck, and more. This lifestyle practice can help improve your quality of life, and provide you with a healthier tomorrow! Peck's Family Acupuncture in the Massabesic Regional Medical building, 813 Main Street, Waterboro. Please call 207.247.7388 to register or email info@pecksfamilyacupuncture.com

Tuesdays

Vinyasa Yoga with Jennifer Coughlin. 6-7PM. \$65. Participants are guided through flowing movements to improve health and boost energy in this 5 week yoga series. All abilities welcome! Peck's Family Acupuncture Wellness Center, 813 Main Street, Waterboro. To register, please call 207.247.7388 or email info@pecksfamilyacupuncture.com

Thursdays

Yoga For All Bodies with Kelcy. 10-11am. \$65. 5 Week series. Registration is required. This class is designed for everyone. You'll be invited to explore forms and make choices based on how you feel. Our practice will include yoga forms, breathing, mindfulness; our focus will be on remaining present and honoring our bodies throughout the class. Peck's Family Acupuncture Wellness Studio in the Massabesic regional Medical Building, Waterboro, ME. To register, please call 207.247.7388 or email: info@pecksfamilyacupuncture.com

Meditation on Twin Hearts and Pranic Healing demonstration.

Sept 26, Oct 24. 6-7pm. FREE. Join Tierney McCarver for a guided meditation followed by Pranic Healing demos for those interested. Drawing for a free one-hour Pranic Healing session. Come to send blessings to our planet and promote self-healing. Visibility 1041 Washington Ave, Portland, Maine 04103. Please RSVP to Tierneymccarver@gmail.com