

The Temple Emunah Sisterhood presents: *Feeling your best: Wellness Day!* Everyone is welcome

Sunday, January 8th, 2012
1:00-4:00pm



Cost: FREE for Temple Emunah Sisterhood members & their families; \$5 for all others. ALSO, please bring Whole grain crackers or brown rice for Family Table.
Location: Temple Emunah, 9 Piper Road, Lexington

Hear speakers, see demos, sample products, and enjoy a complimentary goodie bag (for the 1st 100 guests)! Our speakers include: a nutritionist, an acupuncturist, a personal trainer, representatives from athletic clubs, a nurse, massage therapist, yoga instructor & more!



Sponsors & Speakers: Whole Foods, Lexington Fitness, Lexington Running Company, Pretzel Crisps, Code Blue, Bondi Bands, Ever Stride, Skin Sake, Peanut Butter & Company, Yasso Pops, Hint Water, VitalSox, Stuffits, Tribe Hummus, CEP Compression, SUGOI, Juice Plus+, Attune Foods, Form & Center Fitness, Eastern Sun Acupuncture, Gymnasium, Amy Sonnanstine, LMT, Brenna Quinn, BS RN, Families for Depression Awareness, Winchester Hospital, Jewish Birth Network, Esther Hausman, MPH, Certified Nurse Midwife, Women's Health Associates, Newton Wellesley Hospital, Certified Birthing From Mentor Within, Allison Dick, Lahey Clinic, Gynecologist, Yoga By the Green, Endurance Pilates & Yoga, Mayyim Hayyim, Sharsheret, Road ID, Pop Chips, Stonyfield Farms, Body Scapes Fitness, Tommie Copper, & JP Licks!