

Holistic Hide-A-Way

Located INDOOR

Sponsored by: Earthly Goodz



10 AM
Natural Woman
with
Cristina Babiak, M.D.

Dr. Babiak joins us from:
Englewood, Florida

Feminine changes and menopause ... Dr. Babiak will discuss the herbs and natural remedies used for balance and harmony. 30 min. +15 min. Q&A.

Dr. Babiak is a licensed, board certified family physician with 27 years of office experience in Florida. She received her medical school and training at University of Louisville and Florida Hospital of Orlando. She specializes in using foods and herbs to fight and prevent immune disorders, cancer, heart disease, arthritis, and chronic illnesses. 15 minutes for Q&A.

Contact: cbabiak@gmail.com
www.cristinababiakmd.com



11 AM
What The Hell
is a Chakra?
with
Jessica Peach
LMT, Reiki Practitioner

Jessica joins us from: **Charlotte, North Carolina**

Learn about our 7 sacred chakras and the role they play with our energy and life. 30 min. +15 min. Q&A.

Jessica is a graduate of S. Eastern School of Neuromuscular and Massage Therapy of Charlotte, NC. Originally from England she is a gifted intuitive with a healing touch. She is a Reiki Master and teacher., and a Professional Member of American Massage Therapy Association.

Contact: www.britishmassage.com



12NOON:
Sisterhood
Tea Party
with
Maureen Gangone
Holistic Practitioner,
Ordained Minister,
Women's OutLook
Columnist

Maureen joins us from: **North Port, Florida**

Join us for a casual yet informative tea tasting and discussion on specific tea blends and their benefits. Baked goodies and prizes! Products available for purchase.

Maureen's degrees and certifications are in the sciences pertaining to mind, body and spirit balance. She owns and operates an organic herb and tea shop, Earthly Goodz in Englewood, Fla., while creating her own product line. Her gifts are shared through teaching, writing and counseling. She is the sponsor of Holistic Hide-A-Way.

Contact: earthlygoodz@yahoo.com
941-475-good (4663)
www.earthlygoodz.com



1 PM:
Balance through
Breath
with **Lata**
Certified Yoga Instructor

Lata joins us from: **Englewood, Florida**

Learn the powerful tool of creating and maintaining balance through the power of your breath. 30 min. + 15 min. Q&A.

Lata is a certified yoga instructor for over 12 years experience. She draws on the teachings of a multitude of yoga masters; to create her own unique blend. Lata is an advanced teacher of Therapeutic Yoga and has completed studies in holistic nutrition at the Natural Healing Institute in California.

Contact: Lata528@gmail.com
www.lovinglightyoga.com

Holistic Hide-A-Way
***Prize Drawings!**
12:30 & 2:30 PM: 2 Gift Baskets
***must be present in the**
Holistic Hide-A-Way room to win.



Exhibitors

Complete list updated on www.womensoutlook.com

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