



The Family Wellness Center

1000 Briarsdale Road · Harrisburg, PA 17109

(I-83 / Union Deposit Road Exit)

www.TheFamilyWellnessCenter.com

The Family Wellness Center 558-8500
LeVan Family Chiropractic 558-0243



MARCH 2010

Achieving Health & Well-Being . . . Naturally!

BRING ON SPRING WITH A SUN DANCE BODY WRAP!

Tired of cold weather, dry winter skin, and sore muscles? Experience a rejuvenating body wrap and get ready for spring! Deeply moisturizing shea butter and essential oils of lemon peel, chamomile, and exotic amber combine with a relaxing massage to melt away your winter blues. **Book by March 31st and receive \$25 OFF this wrap!** Call Janelle at 558-8500 to schedule your appointment today.

FREE WORKSHOP MARCH 24TH: LET'S GET JUICED!



Join Deborah Coulston on March 24th from 6:30–8:00 as she presents *"Let's Get Juiced,"* a **FREE workshop** sponsored by The Friendship Center. Green vegetable juicing is a powerful immune builder that fosters health, wellness, and longevity. Participants will learn about the different types of juicers, benefits of juicing, and the simple steps to making healthy juices and smoothies a regular part of their diet. Register your spot today by calling Janelle at 558-8500.

SHOW YOUR BODY SOME LOVE ON MARCH 31ST!

Are your cosmetics and personal care products harming you and making you or your children sick? Find out when Deborah Coulston presents the workshop *"Show Your Body Some Love"* on **March 31st from 6:00–7:30 at The Friendship Center in Lower Paxton Township.** Learn the simple steps you can take to reduce your exposure to potentially toxic chemicals that you may be using several times a day. Cost is \$3 for Lower Paxton residents and \$5 for non-residents. Call The Friendship Center at 657-5635 to register.

CHANGE YOUR LUCK WITH CHIROPRACTIC CARE

Regular adjustments can help boost your immune system, increase your energy, and lead you down the road to wellness! Join Dr. Bill LeVan every other Monday evening at 6:30pm for a Wellness Orientation Workshop. **Complimentary** to anyone interested in learning more about chiropractic.

Mon	Tue	Wed	Thu	Fri	Sat
1 Yoga Level I 5:30pm	2 Yoga Level II 5:30pm	3 La Leche League 12:00–1:00	4 Yoga Level I/II 5:30pm	5	6
8 "WOW" 6:30–7:30 Yoga Level I 5:30pm	9 Yoga Level II 5:30pm	10 JUJO ACRES (the 2nd Wed)	11 Yoga Level I/II 5:30pm	12	13
15 Yoga Level I 5:30pm	16 Yoga Level II 5:30pm	17 Happy St. Patrick's Day! 	18 Yoga Level I/II 5:30pm	19	20 First Day of Spring 
22 "WOW" 6:30–7:30 Yoga Level I 5:30pm	23 Yoga Level II 5:30pm	24 Let's Get Juiced! FREE Workshop 6:30–8:00pm	25 Yoga Level I/II 5:30pm	26	27
29 Yoga Level I 5:30pm	30 Yoga Level II 5:30pm	31 Show Your Body Some Love! The Friendship Center 6:00–7:30pm	Spiral Path is Starting in May! We are proud to be a pick-up location for Spiral Path Farm, located in western Perry County. Sign up now to start getting your weekly share of organic produce from May through November! Early bird payment is due by April 1st. For more information, stop by our front desk or visit www.spiralpathfarm.com .		