

## *Health & Wellness Event*

# **FIND YOUR INNER PEACE**

A day to reconnect with yourself



Yoga From the Heart  
and meditation with  
Melissa @ 2pm



Stretch & Wellness  
with Alumni Krystle



Mindful Nutrition  
with Meg



Sound healing &  
ACCU Detox with  
Amy

**July 12<sup>th</sup>, 2025 - 1pm to 4PM**

350 Court Street Laconia, NH

**Reserve your spot today by Calling or Text  
Krystle Coombs SCN H Alumni - 603.328.7865**

Treat yourself to wellness you  
deserve this moment