



Holistic Moms
Network

East of the River, CT Chapter

Like us on FB @hmneastoftheriverct
OR visit holisticmoms.org
hmneastofriver@gmail.com

WHERE: First Congregational Church
695 Hartford Turnpike
Vernon, CT 06066

WHEN: 4-5:30 PM the 2nd Sat. every month

Mother's Day Special

Sat. 05/11 Let yourself be pampered! Jen Tartakoff, L. Ac and Reiki Master, will teach the basic tools for self care using energy work! She'll also teach a basic intro to acupuncture and will provide complimentary reiki. Monica Syzmonik, Licensed Reflexologist and LMT will be offering clothes-on the table massages for \$1 per minute. 20% of proceeds go to HMN!
Raffle prizes, goodies and child care provided!

Diy Skin Soothers: Make and Take

Sat. 06/08 Join us to prepare your family for time in the great outdoors! Take home your own 'Itch-Relief Bath' Soak and 'Sunburn Sigh' Skin Soothers with supplies provided by Frontier Co-op Wholesale.

Wake Up, Relax and Focus with Yoga

Sat. 07/13 Elizabeth Gibbs, Director of Pro Yoga Therapeutics, will guide this special class designed to help children learn to "sit still," "calm down," and "pay attention." This class will teach children practical techniques to gain self awareness anywhere and at anytime.

One or two events may be attended for free before becoming a member.
The Holistic Moms Network is a non-profit organization that serves as a resource network for parents interested in green living, mindful parenting, and holistic parenting.