



Presents JANUARY EVENTS at the New St. James Community Cultural Arts Center

- TUESDAY**
JAN. 11TH
6:30-8:00PM
ACUPRESSURE - A HEALING ART WITH ANDREA & JASON MOSS CERTIFIED ACUPRESSURE THERAPISTS WILL TEACH THE BENEFITS OF ACUPRESSURE TO ALLEVIATE PAIN AND STRESS. SEE HOW THIS ANCIENT ART STILL HOLDS TRUE IN MODERN TIMES. **DONATION \$15**
- THURSDAY**
JAN. 13TH
1:00 PM
EMOTIONAL FREEDOM TECHNIQUE (EFT) WITH DONNA NESTERUK, L. AC. EMPOWER YOURSELF TO TAKE CONTROL OF YOUR LIFE BY RIDDING UNWANTED HABITS AND DECISIONS THROUGH THE EFT TECHNIQUE AND ACKNOWLEDGE UNDERLYING THOUGHTS AND EMOTIONS WHICH CAN LEAD TO ANXIETY AND STRESS IN DAY-TO-DAY LIFE. **DONATION \$15**
- TUESDAY**
JAN. 18TH
4:00-5:30PM
CALM OVER CHAOS WITH KATE TOKARSKI ARE YOUR KIDS FEELING STRESSED? SCHOOL, HOMEWORK, TESTS, ACTIVITIES - OVERLOADED AND OUT OF CONTROL? THIS SEMINAR IS RECOMMENDED FOR STUDENTS IN GRADES 5 - 8 TO HELP THEM RECLAIM INNER PEACE. **DONATION \$15**
- THURSDAY**
JAN. 20TH
1:00 PM
THE CALM IN ANY STORM WITH TERRI PACE, CERTIFIED HOLISTIC HEALTH COACH JOIN US FOR THIS INTERACTIVE WORKSHOP TO DISCOVER HOW TO ATTAIN AND SUSTAIN EMOTIONAL WELLNESS AND EXPERIENCE OUR FAVORITE STRESS-BUSTING NATURAL SOLUTIONS. AS PART OF THE CLASS, YOU WILL BE INVITED TO CREATE YOUR OWN ESSENTIAL OIL ROLLERBALL REMEDY TO TAKE HOME WITH YOU! **DONATION \$15**
- TUESDAY**
JAN. 25TH
7:00-8:30PM
MINDFUL MOVEMENT WITH KATE TOKARSKI MINDFUL MOVEMENT CLASS IS REGISTRANT SPECIFIC. THE CLASS WILL ADDRESS WAYS TO SAFELY NAVIGATE SITUATIONS IN MOVEMENT AS WE AGE. **DONATION \$15**
- THURSDAY**
JAN. 27TH
1:00 PM
DETOX WITH DONNA NESTUREK, L. AC. JUMPSTART A HEALTHY NEW YEAR AS YOU LEARN THE ART AND SCIENCE OF THE BENEFITS OF A BODY DETOX. GIVE YOUR BODY THE JUMPSTART NEEDED FOR A HEALTHY YEAR. **DONATION \$15**
- SUNDAY**
JAN. 30TH
1:00 PM
YOUR HOME - YOUR LIFE - DECLUTTER AND ORGANIZE IN THE NEW YEAR WITH NATALIE WEINSTEIN, ALLIED ASID, IDS INTERIOR DESIGNER, AUTHOR, EDUCATOR AND MEDIA PERSONALITY NATALIE WEINSTEIN WILL HELP YOU TAKE ACTION IN THE NEW YEAR TO DECLUTTER AND ORGANIZE YOUR HOME AND LIFE IN A FUN AND INTERACTIVE AFTERNOON. SHE WILL SHOW YOU HOW TO SET REALISTIC GOALS WITH TIPS, TOOLS AND TAKE-HOME GIFTS, AND OFFER CONCRETE WAYS TO REACH THEM SO THAT THIS RESOLUTION WILL LAST ALL YEAR - AND BEYOND. **DONATION \$25 / \$20 SENIORS**

**LOCATION: THE HISTORIC CALDERONE THEATER BUILDING
176 SECOND ST., ST. JAMES**

FOR MORE INFORMATION OR TO REGISTER FOR EVENTS
GO TO: WWW.CELEBRATESTJAMES.ORG - OR CALL 631-984-0201



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Volunteer with Celebrate St. James!

Is there a particular event that piques your interest? You're welcome to join a committee! Our dedicated, talented volunteers are making a difference in our town and are having fun!

Please email celebratestjames@gmail.com to volunteer.

