

Wellness Wednesday

Calendar of Classes

June

June 1, 2011

6:30PM

Featured Speaker: Tatiana Cob-Beeche

Topic: Yoga

Join us to learn how Yoga can help lead to a healthier lifestyle. Tatiana Cob-Beeche is a Yoga Instructor and Licensed Massage Therapist at the Tamaya Mist Spa. She has been teaching Yoga for several years and will be discussing the benefits of practicing Yoga regularly. Tatiana will also go through a short sequence to introduce new students to our Yoga Program.

June 15, 2011

6:30PM

Featured Speaker: David Salgado

Topic: Nutrition

Optimize your dining habits deliciously while understanding Eastern and Western views on nutrition. David Salgado currently instructs Nutrition at Southwest Acupuncture College. David holds a B.S. in Biology with a minor in Chemistry. Previously, he served 18 years as a Clinical Microbiologist for UNM Hospital and TriCore Laboratories.

June 29, 2011

6:30PM

Featured Speaker: Jamie Richards

Topic: SkinCeuticals® Skin Care

SkinCeuticals® provides superior skin care products backed by scientific research. Explore our product line with our skincare representative, Jamie Richards. Jamie will educate you on the importance of protecting your skin from everyday hazards.