

## Upcoming *Summer Events* at WellBeingMD® - Center for Life



**Friday, 7/11 – Sound Healing Gong Meditation with Bill Nielsen ~ 7 pm.** - Come and connect and relieve stress with the healing sounds of the gong. - \$20. \* Call or email Dina to reserve your spot.



**Friday, 7/18 – MELT Intro ~ 9 -10:30 am** ~ Certified MELT Instructor, Salle Huber will lead participants through the Hand and Foot Techniques as well as several sequences on the MELT soft body roller. Participants will learn the 4R's of MELT: Reconnect, Rebalance, Rehydrate and Release.

**Friday, 7/18 - MELT at Your Pace ~ 11:30 am – 1 pm** Do you suffer from chronic pain or illness? Join us for a unique Intro to The MELT Method that caters to you. For more information about either MELT class and for registration, visit our event calendar and follow Salle's link to register. <http://www.wellbeingmd.com/events>



**Saturday, 7/19 – Cooking Demo: Refreshing Dishes for the Dog Days of Summer ~ 11 am – 1 pm**  
\$35 per person. **Menu:** Grilled Chicken with Radishes, Cucumbers, and Cherry Tomatoes  
Shaved Fennel, Apple, and Pecorino Romano Salad ~ Watermelon Agua Fresca ~ Capacity: 24  
\* Call or email Dina to reserve your spot.



**Saturday, 7/26 – Summer Live Jazz BBQ @ the Country House Restaurant Alsip, IL ~ 5:30 p.m.**  
\$35/Person plus tax and gratuity –Menu is on our event calendar. **RSVP: Country House @ 708.389.4618**



**Saturday, 8/9 –Demo: Dorm Room Survival 101 ~ 11 am – 1 pm ~ \$35**  
College offers many temptations. Students are likely to gain weight while away because they are on their own to eat freely and indulge in sugary and salty snacks to fuel late-night study sessions. **This demo will teach departing college students how to eat and stay healthy during their college time away.**  
Capacity: 24 \* Call or email Dina to reserve your spot.



**Friday, 8/15 – Hands-On Cooking Class: *Hot Caribbean Nights!* ~ 7 pm ~ \$50 per person**  
**Menu:** Organic Jerk Chicken ~ Jicama and Mango Salad ~ Lentils, Rice and Chorizo Sausage (Participants will learn how to make the chorizo sausage) ~ Rum Punch~ Complementary Dessert ~ Capacity: 24  
\* **Free One Year Subscription to Eating Well Magazine included.** Call or email Dina to reserve your spot.



**Friday, 8/22 – 70's Dance Party ~ 7 pm ~ \$10 per person ~ Dancing ~ Light hors d'oeuvres and drinks.**  
**Prize for best 70's dressed man and woman\* Get your Groove On!** Call or email Dina to reserve your spot.



**Tuesday, 8/26 –Zumba Demo with Certified Zumba Instructor, Staci Cousert ~ 5 pm – FREE!**  
Zumba classes will be forming in September at WellBeingMD. Come to this free demo and see what Zumba is all about for all levels of fitness. \* Call or email Dina to reserve your spot.

Visit our website's event calendar, <http://www.wellbeingmd.com/events>, to find out more about these events and our ongoing classes in T'ai Chi, Functional Fitness, Yoga, and MELT.