

CALENDAR

GALLERIES + MUSEUMS + THEATERS + EVENTS + MORE

EDITOR'S PICK

Naturally Healthy

Spring is a time of rebirth, and what better way to celebrate its arrival than to bring your winter-beaten body back to life? The sixth-annual Alternative Health and Wellness Expo at the Harmony Holistic Wellness Center in Andover educates guests on natural solutions for health and well-being, such as therapeutic deep-tissue massages, energy-channeling acupuncture, and natural methods to decrease signs of aging. The expo features presentations by holistic experts including Deana Schimmenti, owner of the Stone Power Earth Shoppe and Reiki Center in Blirstown, who relieved her lupus symptoms by replacing her medications with gemstones, and Renae Jensen, a local feng shui and conscious-design practitioner, plus more than 40 vendors. *3/28 and 3/29. Tickets: \$5. 973.579.9208, harmonyholisticwellnesscenter.com*

Can't make it to the expo? Visit one of these centers to reap the soothing benefits of natural wellness.

VOLITION WELLNESS SOLUTIONS

Princeton
609.688.8300
volitionwellness.com

THE NATURAL PATH WELLNESS CENTER

Sevill
856.464.8181
natural-path.com

ELITE WELLNESS CENTER

Emerson
201.576.0325
elitewellnesscenter.com

LOURDES INTEGRATIVE WELLNESS CENTER

Columbus
856.869.3125
lourdeswellnesscenter.org

NEW YOU HEALTH CENTER

Sparta
973.729.1191

THE CENTER FOR HOLISTIC WELLNESS

Denville
973.703.7317

FEBRUARY

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