

Fall Lunch & Learn Series

Health & Wellness

The South Park Township Library will be hosting a series of health and wellness Munch & Learns on Wednesdays this fall. Join us for free snacks and an hour of learning. Call us at 412-833-5585 or email deknigha@einetnetwork.net to sign up.

Upcoming events:

Stress Management and Mindfulness

Wednesday, September 20, 2017 —Noon
When is stress good and what does it effect? Review some mental health facts and learn tips to manage stress with mindfulness and deep breathing to smooth out your day!

How to Stay Young the First 100 Years

Wednesday, September 27, 2017 —Noon
The program is designed educate the community on the importance of maintaining a healthy lifestyle. The topics include:
-The benefits of Chiropractic care beyond pain relief
-Proper nutrition and supplementation
-Improving your posture
-Exercises/Stretches to strengthen and stabilize your spine.

Coping & Loss: Bereavement and Grief

Wednesday, October 4, 2017 —Noon
Understand what to expect, reactions to grief, and living with grief. Explore ways to help others who are grieving and how to get through that experience.

Reiki

Wednesday, October 11, 2017 —Noon
Do you find it difficult to relax in the busy world? Do you remember the last time you experienced peace? Are you ready for an easier way to live? This workshop will touch on ways to: Go within, begin to observe our Mind & Body and become aware of our Spirit. We will touch on how Reiki can activate the natural calming process of the patient's body and restore physical and emotional well-being.

Enlight

Wednesday, October 18, 2017 —Noon
Psychologist Donald Zandier M.A developed Enlight™ as an innovative type of psychotherapy. This form of therapy most resembles an acupressure treatment. Instead of light pressure being applied to the energy pathways of the body, a light tapping with the fingertips is repeated several times at various treatment pressure points. Enlight™ is truly for everyone. Studies show that all individuals have suffered some degree of emotional hurt throughout the course of their lives; therefore, anyone...and everyone, can realize an emotional lift from this approach.

Essential Oils-Combining Alternative Treatments with Traditional Medicine

Wednesday, October 25, 2017 – Noon
What is an essential oil? And what oils should every home have? How can you use these natural solutions to assist you and your medical practitioner reach your health care goals?

A Walk on the El Camino

Wednesday, November 1, 2017 —12:00pm
El Camino de Santiago de Compostela (in English: The Way of St. James) is a network of routes across Spain and Europe which all lead to Santiago de Compostela, in the northwest of Spain. Our speaker, Ann Coffaro, walked the El Camino alone and will share with us her spiritual journey.

Fresh from the Farm Juices

Wednesday, November 8, 2017—Noon
Learn the benefits of drinking fresh, organic, juices made from the produce of local farms.