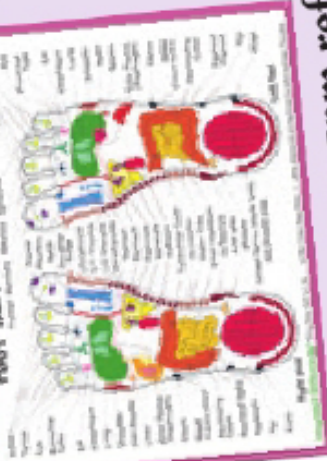


**FOOT REFLEXOLOGY CHART**



## Reflexology Workshop

Instructor: Lily Britton  
 Saturday, October 1st  
 12pm -1pm

1pm-5pm reflexology sessions

30 minutes for \$30  
 345 Smithtown Blvd, Nesconset, NY 11767  
 Call to Respond for Workshop and Book Your Session  
 631-676-2322

Reflexology is a therapeutic method of relieving pain by stimulating predefined pressure points on the feet and hands. This controlled pressure alleviates the source of the discomfort. In the absence of any particular malady or abnormality, reflexology may be as effective for promoting good health and for preventing illness as it may be for relieving symptoms of stress, injury, and illness.

*News*

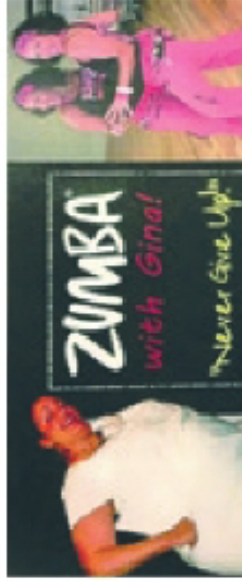
## Grand Opening



Gina's Serenity Center

*...from an inner journey of self-discovery*

345 Smithtown Blvd, Nesconset, NY 11767  
 Ginaserenitycenter.com  
 (631) 676-2322



My name is Gina Sloop. After reaching over 350 pounds I decided to do something about my weight. I had a gastric banding operation in 2008. That was only the beginning. I knew I had to change my eating and exercise habits for the rest of my life.



I discovered Zumba and quickly realized how this amazing exercise could help me to maintain my weight and overall health. I became an instructor in 2009 and started teaching my own classes ever since. I know how intimidating gyms can be. The Serenity Center is for everyone that is struggling with their weight, fitness level, and overall state of mind. My philosophy is to give everyone a personalized, attentive approach to improving mind and body.

- Zumba (All Varieties)
- Seated Zumba Gold
- Zumba Kids
- Yoga
- Hula Hoop for Kids
- Hula Hoop Dance & Fitness
- Body Shred
- Cardio Kickboxing
- Belly Dancing
- Buns & Guns

**1ST CLASS FREE!**  
 With this coupon.

See Gina for schedule. Offer expires 10/15/16

We offer Free Monthly Support Meetings Run By Licensed Professionals  
 Workshops on Self Empowerment, Reiki, Boot Camp, Yoga in a Chair,  
 Personal Couch, Zumba Toning Pound, Body Sculpting  
 and We Keep Adding!