

# October



CONNECT WITH THE WELLCOME OM CENTER

352.600.4242

wellcomecenter.com

4242 Lake in the Woods Dr. Spring Hill, FL

\*Must pre-register. Workshop fees apply.



**TUES 01** **Intro to Latin Dance w/ Carmen\***  
5:45-6:45pm  
No partner necessary and all skill levels are welcome! We will meet for **8 consecutive weeks in the AuratoriOM**.  
\$15 per class or \$99 for all 8 classes.

**WED 02** **Empowered Book Club w/ Diane (2 of 6)\***  
11:30-12:30pm

**THU 03** **Dance, Tone + Sculpt Pop Up w/ Donna\***  
10:15-11:15am

### **Astrolo Tea w/ Craig\***

12:00-1:15pm  
Sip tea and enjoy a fun discussion group on The Sun in Astrology: Illuminating Your True Self. All knowledge levels are invited!

### **Free Seminar: Embracing Autumn w/ Diane**

5:30-6:30pm  
We'll explore the benefits of incorporating seasonal fall foods, detox practices, and lifestyle shifts that align with the rhythms of nature.

### **Heart to Heart with Dr. Maria**

6:30-7:15pm  
Dr. Maria will address the fears, anxieties, and concerns we face in today's world and provide practical strategies to cope, heal, and strengthen both body and mind.



**SAT 05** **Dance, Tone + Sculpt Pop Up w/ Donna\***  
9:00-10:00am

### **Free Garden Education w/ Michael**

10:00-11:00am  
Learn the ins and outs of growing broccoli, kale, cauliflower, and more.

**MON 07** **Free Seminar: Skin Talk By Honey Beauty Spa & Wellness w/ Gab Rose**

11:00-12:00pm  
An informational session discussing Gua Sha + Face Yoga.



**WED 09** **Empowered Book Club w/ Diane (3 of 6)\***  
11:30-12:30pm

**THU 10** **Free Workshop: Recognizing Autism and Related Conditions w/ Annette**

10:00-11:00am  
This session will help you recognize the tapestry of challenges and gifts that come with these conditions.

**WED 16** **Empowered Book Club w/ Diane (4 of 6)\***  
11:30-12:30pm

**THU 17** **Free Seminar: Nurturing The Inner Child**

10:00-11:00am  
Join us for an enlightening and healing journey with Annette Becklund, MSW, LCSW, NBCCH. This workshop is designed to help you reconnect with your inner child, embrace self-compassion, and heal past wounds in a supportive and nurturing environment.

### **Astrolo Tea w/ Craig\***

12:00-1:15pm  
Sip tea and enjoy a fun discussion group on Astrological Compatibility: Discover Your Best Matches. All knowledge levels are invited!



**FRI 18** **SUIT Improv Comedy Show\***

8:00-9:30pm  
SUIT is a talented ensemble of comedians with over 25 years of improv experience. Expect hilarious games, musical numbers, and quick-witted performances which will keep you in stitches all night long!

**SAT 19** **Plant Powered Prevention: Explore The Benefits of Hemp + Functional Mushrooms**

11:00-12:00pm  
Join Nurses With A Mission for an interactive free discussion on mastering your regulatory system. RSVP to save your seat. Presented by [www.NursesWithAMission.com](http://www.NursesWithAMission.com)



**MON 21** **Free Seminar: Skin Talk By Honey Beauty Spa & Wellness w/ Gab Rose**

11:00-12:00pm  
Meet the owner Gab, for an informational session discussing skincare basics and the range of farm fresh products and services they offer to set your skin and mood aglow!

**WED 23** **Empowered Book Club w/ Diane (5 of 6)\***  
11:30-12:30pm

**THU 24** **A Night of Hope Gala\***

6:00-9:00pm  
A great time of the year when community members sponsor, come together for a great cause with a night of fun. Join us for a silent auction and tasting event. Tickets: [dawncenter.org/events](http://dawncenter.org/events)

**SAT 26** **Baby Massage Workshop w/ Nicole\***

12:00-1:00pm  
Infant massage can help ease your baby from colic, muscle soreness and create a lasting bond between baby and parent.

### **Free Event: Mom Tribe Meetup**

1:00-2:00pm  
This is a free support group for new parents seeking to join forces to navigate the world of parenthood together.

**WED 30** **Empowered Book Club w/ Diane (6 of 6)\***  
11:30-12:30pm

**THU 31** **Candlelight Concert: Coldplay\***

6:00-7:00pm  
Enjoy covers performed by a talented string quartet under the warm glow of candlelight. Tickets: [candlelightexperience.com](http://candlelightexperience.com)

### **Candlelight Concert: Halloween Classics\***

8:30-9:30pm  
Immerse yourself in the hauntingly beautiful melodies of your favorite Halloween tunes, performed by a talented string quartet under the warm glow of candlelight. Tickets: [candlelightexperience.com](http://candlelightexperience.com)





# OM Movement Studio Schedule

\*Classes subject to change  
\*\*Closed on major holidays

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00			Chair Yoga w/ Helena			
10:00						Nia® Gail
10:15	Yogalates Elaine	Nia® Gail	HeartMath Meditation Diane	NIA® Gail	Strength/Mobility Yoga Darrell	
11:30		Tai Chi Paula	Tai Chi Steve			
12:30				Chair Yoga Bettina		
2:15	Chair Yoga Vickie					
3:30			Belly Dance Jayne			
5:45		Latin Dance Carmen	AuratoriOM - starts 10/1 \$15 per class or \$99 for 8 wks			
6:00	Hatha Yoga Donna	Flow Yoga Tracy	Pilates Donna			
6:30				Restorative Yoga Vickie		

First Class \$5  
\*New Students

2wk unlimited \$25  
\*New Students

MEMBERSHIP \$59  
Unlimited Classes  
(Monthly auto pay)

Pack of 5 - \$60/\$12 per class  
Pack of 10 - \$100/\$10 per class  
Pack of 15 - \$135/\$9 per class  
DROP-IN - \$15



Friday  
October

18

# IMPROV COMEDY

## show with SUITIMPROV

at The Venue at OM  
Doors open at 7:30pm  
Show starts at 8:00pm

