THE HEALER WITHIN

2 PART SERIES



March 11th at 2:30 pm

LMT with a MA in Education, Noa Spector-Flock, has taught movement, wellness & injury prevention at USF, SPC & Gibbs High School. Today, she will tell her personal story, as a third-generation survivor of the suffering of wars, the trauma, the sadness & the memories which are carried in the body, despite the outer life we live in the world.

Noa hopes to inspire & motivate you in your journey of self-healing.

We all have the medicine within us, we just need to find it.

March 18th at 2:30 pm

At age 21, presenter Barbara Newborn suffered a devastating stroke that paralyzed her right side & caused her to lose all language. Though her recovery took many years, Barbara's discovery of the 'Healer Within' became the guide to her own recovery. In her presentation she will share with you her findings.

The secrets to our own joy & health is truly within us. We are the true healers of our mind, body, & spirit.

She will show you how to create better health & the quality of life you deserve.