

## MONTHLY WELLNESS LECTURE SERIES



**RSVP to The Wellness Community  
at 314-238-2000  
or register online at  
[www.wellnesscommunitystl.org](http://www.wellnesscommunitystl.org)**

***This series made possible by a generous donation  
from the Blake Foundation.***



### **FERMENTATION FERVOR! - RSVP**

**Thursday, July 8 • 6:30-8:30 PM**

Join our lovable yoga instructor and aromatherapist Mike Elliff as he provides us with an evening of learning about the life affirming power of some basic fermented foods (e.g., yogurt). Fermentation has sparked a cultural revival attracting the attention of raw food enthusiasts and those seeking to create probiotic organisms for digestive health inexpensively in their own kitchens. RSVP soon for this unique offering! ***A big thank you to Mike Elliff for gifting this program to TWC participants.***



**TWC is Tasting... Olive Oil! – RSVP (use  
Olive Oil company logo here)**

**Thursday, August 12 • 6:00 - 7:30 PM**

Join Marianne Prey, Owner of ***Extra Virgin: An Olive Ovation, LLC (143 Carondelet Plaza, Clayton, MO)***, as she introduces TWC participants to the taste and health promoting properties of various olive oils. Another unique and fun program offering that's sure to be popular – register early! ***A special thank you to Marianne Prey for providing the olive oil tastings for this special evening.***

### **God is Bigger Than Your Cancer - RSVP**

**Thursday, September 9 • 6:30 - 8:00 PM**

**Karen Tripp, MS LMFT**

Cancer does not get to be more important than the most important things in your life. The most important things in your life are the things you can use to push the cancer back so you can breathe again. God is one of those things. Join Karen Tripp MS, TWC clinical facilitator, and author of *God is Bigger Than Your Cancer Workbook* as she explores the Christian tools of faith, prayer, and healing to strengthen you during your cancer journey.

**1058 Old Des Peres Road / Des Peres, MO 63131**