

september – december 2009 transformative workshops

## :: *spirit communication and spiritual exploration*

### Postcards from Heaven

with Maureen Hancock, Comedian Medium

Come see the phenomenal Maureen at one of her most intimate venues (54 pple). You've seen her on Fox and will soon on a Disney channel. She brings "postcards" from the other side – messages of hope, reassurance, and knowledge that our loved ones are still with us. Maureen's gift and humor will soften even the most hardened skeptic.

Weekly Call for availability and to join waiting list  
Fee: \$60

### Spirit Communication Level 1 and 2

With Maureen Hancock, Comedian Medium

Tap into your own gifts! Learn mediumship techniques, fun exercises, and sit in circle to learn how to connect to spirits. Fills quickly.

Weekly Call for availability and to join waiting list  
Fee: \$60 (for each class)

### Spirit Communication Development Circle

led by Karen Rando and John Periera

Explore and practice spirit communication. Meditation and exercises to develop confidence in your intuitive abilities.

Every Wednesday evening from 7-8:30pm  
Fee: \$7

### Messages from Heaven

led by Sandy Alemian, Spirit Medium and Author

of *Congratulations...It's An Angel*

In this power-filled evening, Sandy provides insights and guidance through messages she receives from Spirit and your loved ones in heaven. Much healing happens when we realize that love never dies, and that we are never, ever alone.

Choose one:

October 5 Monday, 6:30-9:30pm  
Fee: \$45

OR

December 7 Monday, 6:30-9:30pm  
Fee: \$45

### Blending Two Worlds

led by Jackie (Lopez) Waitkus, Spirit Medium

Come and connect with your loved ones on the other side as Jackie blends that of this physical world with the world of Spirit. An interactive evening of Spirit Communication with a phenomenally talented medium. Limited to 15 participants.

October 9 Friday, 6:30-8:30pm  
Fee: \$45

### One Soul Many Lives

led by Sandy Alemian, Spirit Medium and Author

Past life work can bring tremendous clarity and healing to this life. Experience past life regression which can help fears to dissipate, relationships to be better understood, and life purpose to become clearer.

November 16 Monday, 6:30-9:30pm  
Fee: \$45

### Best-selling author LAUREN MACKLER presents and signs *Solemate: Master the Art of Aloneness + Transform Your Life*

Many people spend years waiting for a "soul mate" to make them complete. Others settle for unfulfilling relationships out of fear of being alone. *Solemate* is about mastering the art of aloneness, *but it's not about being alone*. It's a groundbreaking roadmap to help you achieve mastery of your life, so you can experience a greater sense of wholeness and well-being – on your own or in a relationship. It's about treating yourself well and shedding the old beliefs and behaviors that limit your ability to realize your greatest potential. Join coach and author Lauren Mackler, who will present her groundbreaking approach and practical tools for gaining mastery over your life and more fully becoming the person you were born to be.

Thursday, October 22 7-8:30pm  
Fee: Free (please register early so we can order books)

### For more information

visit [www.upliftingconnections.com](http://www.upliftingconnections.com).

To register call 508.697.2334.

Stay in touch by visiting our website and signing up for e-letters. Pre-registering helps us plan and guarantees you space!



# Uplifting

CONNECTIONS

sept – december 2009 events calendar

your oasis for :: transformative workshops  
healthy cafe  
healing arts  
books + gifts



Hours :: Tuesday – Saturday 9am-6pm, Sunday 11am-5pm

Extended hours Wednesday until 8:30pm

1355 Pleasant Street :: Bridgewater, MA 02324 :: 508.697.2334

We are located just off Exit 15 off Route 24 – On Route 104 across from Emma's Pub and Pizza

[www.upliftingconnections.com](http://www.upliftingconnections.com)



:: *angels*

**The 9 Healing Angels of the Energy Field**

led by Cathi Burke, author of *Americo Michael: Surrounded by Angels*

Cleanse, clear and rejuvenate your chakras with the 9 healing angels of the energy field and learn how you can connect with each through a special *Heart Link* process and guided meditation. Full folder with each healing angel provided.

September 25      Friday, 6:30-9:30pm  
Fee:: \$45

**Gifts of the Blessed Mother Mary and Messages of Divine Guidance**

led by Karen Paolino, author of *The Everything Guide to Angels*

Come discover how Mary can help you in all areas of your life. Open your heart to her unconditional love through guided meditation and then receive a personal message of Divine Guidance through Karen.

October 11      Sunday, 5:30-7:30pm  
Fee:: \$50

**Hiring the Heavens Workshop from best-selling author Jean Slatter**

led by Cathi Burke, author of *Americo Michael: Surrounded by Angels*

Develop a working relationship with the Spirits of Creation. Instantly simplify your life by hiring "Heavenly Helpers" willing to work with you 24/7. Develop your Spiritual Workforce and Committees as you open the doors to greater support and prosperity.

October 23      Friday, 6:30-9:00pm  
Fee:: \$45

**Come Play with the Angels and Receive their Gifts**

led by Karen Paolino author of *The Everything Guide to Angels*

You can connect and communicate with the angels! Playful exercises lead you to meet your guardian angel, enhance your intuition, and receive messages of healing and guidance from the angelic realm. Leave with the tools to call upon your angels for every aspect of your life.

November 6      Friday, 7-9pm  
Fee:: \$45

**Book Signing: Karen Paolino, author of *The Everything Guide to Angels***

Come meet Karen Paolino, Uplifting Connections presenter and author of *The Everything Guide to Angels* to be released by Adams Media in October 2009.

November 14      Saturday, 2-5pm

:: *health and healing*

**Tong Ren**

led by JoAnne Woods Young and Leslie Carbone  
Like acupuncture without the needle. A non-invasive form of energy healing that helps remove blockages from your systems. Utilized for all physical issues.

Most Thursdays 7-8pm (please call 508.697.2334)  
Fee:: \$10 donation

**Attention Women 30+: Your Body Needs a Cleanse!**

led by Noelle Armstrong, Holistic Health and Wellness Coach

Address weight gain, brain fog, digestive issues, skin disorders, irritability, sweet cravings, premature aging, and many more signs of adrenal fatigue with this easy cleanse that will rejuvenate your body, mind, and spirit. 4 consecutive weeks to a fresher, more vital you!

4 Wednesdays starting Sept. 23 from 7-8:30pm  
Fee:: \$100 (\$50 for Noelle's clients)

**Nutritional Microscopy: Analysis of YOUR Blood**

by Sean Fuller, Nutritional Microscopist trained by Dr. Robert Young

See the characteristics of your blood live on a video screen. Gives current and past information as it pertains to the biological terrain of the client (stress appears in the blood sometimes years before it manifests as symptoms). This information can give early warning of possible upcoming health challenges and provide guidance on dealing with current issues holistically.

September 26      Saturday, All day  
Fee: \$100 (limited app'ts)

**Ladies Night of Abundance**

led by JoAnne Woods Young

Grab your girlfriends and join us for a night of laughter, inspiration, gratitude and fun. Return to your true inner self and discover that you can create abundance in all areas of your life. Group reading included.

October 2      Friday, 7-9pm  
Fee:: \$25

Stop in for our refreshing smoothies, healthy sandwiches + organic coffee.

See our menu on the back cover.



**Boost Your Immune System: Ban Allergies and Digestive Disorders and Other Issues that Drag You Down**

led by Noelle Armstrong, Holistic Health and Wellness Coach

Put your health back in to your own hands. Food is medicine when eaten in its whole form. Boost your immune system, de-clog your metabolism, and speed your ability to move everything through your system. Gain energy and vitality!

October 28      Wednesday, 7-8:30pm  
Fee:: \$20 (free for Noelle's clients)

**Have you tried a chakra balancing?**

**Have you tried a massage and reiki combo?**

**See our Healing Arts menu in this brochure!**

**Got Clutter? It's Weighing You Down!**

led by Noelle Armstrong, Holistic Health and Wellness Coach

Have you ever felt like your home, life, and food were weighing you down? They probably are. Learn how to de-stress and de-clutter your mind and body with simple techniques that are immediately useable. You'll feel lighter and easier in your body and mind.

November 18      Wednesday, 7-8:30pm  
Fee:: \$20 (free for Noelle's clients)

**It's Not About the Weight**

led by JoAnne Woods Young

...but it *IS* about shifting your perceptions. Shift your beliefs that are holding you back through writing, visualization, and meditations. JoAnne shares what has worked for her in her 20 year struggle to lose weight and accept her body.

November 20      Friday, 7-9pm  
Fee:: \$25

**5 Minutes to Better Health! Cooking Demonstration**

led by Noelle Armstrong, Holistic Health and Wellness Coach

It sounds too good to be true, but these quick and easy 5 minute meals require about 5 ingredients and provide around 300 calories. In less time than you'd spend at a drive-through window, you'll enjoy a delicious, easy meal. Bring a friend, a notebook, and an appetite!

December 6      Sunday, 6-7:30pm  
Fee:: \$40

:: *reiki*

**Reiki I**

led by JoAnne Woods Young

Learn the art of Reiki, a simple natural, and safe method of spiritual healing and self-improvement that everyone can use. This class qualifies for CEU's.

Choose one:

September 20 + 21      Sunday + Monday, 6:30-9:30pm  
Fee:: \$150

OR

November 22 + 23      Sunday + Monday, 6:30-9:30pm  
Fee:: \$150

**Reiki II**

led by JoAnne Woods Young

Focus on the distance healing of others and use of the healing symbols. Receive 4 Reiki Attunements and the 3 healing symbols, allowing you to send Reiki energy distantly.

Choose one:

October 18 + 19      Sunday + Monday, 6:30-9:30pm  
Fee:: \$250

OR

December 13 + 14      Sunday + Monday, 6:30-9:30pm  
Fee:: \$250

**Join us for our Monthly Psychic Fair!**

A great opportunity to experience many different types of readings all in the same day! Offerings vary but may include: Mediumship, Tarot Card Readings, Angelic Healings, Past Life Readings, Psychic Readings, and many more! See [www.upliftingconnections.com](http://www.upliftingconnections.com) for complete list.

2nd Saturday of every month from 10am-5pm.  
Most readings \$1 a minute



*We are pleased to welcome Leslie Carbone, licensed acupuncturist, who is trained in Chinese and Japanese acupuncture styles and also offers acupressure, Tong Ren energy healing, and nutrition counseling.*



## our menu at uplifting connections

### Sandwiches, Salads and More

Cran-Nut Happiness Salad  
(organic cranberries and pecans,  
cran-walnut dressing, and goat cheese)  
Caesar Salad with Grilled Chicken  
Banana + Yogurt Parfait with fresh Granola

### Grilled and Roll Up Sandwiches

Tomato, Mozzarella, and Pesto  
Peanut Butter, Honey, and Banana  
Grilled Cheese  
Grilled Cheese and Tomato  
Turkey and Cheese  
Hummus, Taboule, Roasted Red Pepper  
Cheese + Chicken Quesadilla

### Pretzels

Spinach Feta  
Herb + Cream Cheese  
Parmesan Asiago

### Mini Pretzels::

Cinnamon Bun  
Mozzarella Pizza  
Grilled Cheese

### Calzones

Chicken Parmigiana  
Philly's Cheese Steak

### Quiche

Ham + Cheese  
Broccoli  
Spinach

### Tortas

Eggplant  
Chicken + Broccoli  
Spinach

### Soup Seasonal

Fresh and delicious from Hale and Hearty,  
all natural made from scratch, ask us for  
today's selection

### Italian Soda New!

Strawberry	Vanilla
Blackberry	Raspberry-Lime
Mango	Rickey

### Hot Drinks

Chai Tea	Chocolate Caramel
Vanilla Chai	Caramel de Leche
Ginger Spiced Chai	White Hot Chocolate
Low Carb Chai Tea	Truly Latte
Low Carb Hot Chocolate	Vanilla Bean
Organic Fat Free Hot Chocolate	Mocha Frappe

### Smoothies

Pina Colada	Oreo Mocha
Strawberry Sensation	Chocolate Decadence
Fabulous Four Berry	Creamsicle
Ambrosia Nectar	Chocolate Caramel
Tropical Sunrise	Mocha Frappe
Banana Berry Bonanza	Chocolate Banana
Mobana	Vanilla Bean
Acai Plus	Vanilla Chai
Aloha	Strawberry
Mango Tropics	Strawberry Lemonade
Love Chill	Raspberry Lemonade
Peanut Butter Cup	Cookies + Cream
White Chocolate Symphony	Oreo Decadence
	Caramel

### Meal Replacement Smoothies

Fitness Together	Stress Buster
Energizer	Sniffles B' Gone
Straw-bana Breakfast	Bridgewater Bears
Iron Man/Woman	Green Tea Breakfast
Blueberry Flax	Green Living
T.O.M.	High Protein/Low Carb
Time of the Month	
Fiber Fix	

### Power Shots

Aloe	Multi-Vitamin/Mineral
Antioxidant Blend	Passion Power
Brainiac	Performance Boost
Burn Fat Burn	Power Boost
Complete Greens	Protein (Whey/Soy)
Daily Essentials	Sniffles B' Gone
Energizer	Stress Buster
Fiber Blend	Ultimate Recovery
Flaxseed	Veggie Meal
Healthy Heart	Wheat Grass
Immune Blend	

### Coffee by Equal Exchange

Love Buzz  
French Roast Decaf

### Teas

Equal Exchange  
Mighty Leaf

# Uplifting CONNECTIONS

healing arts



## :: bodywork

### Swedish Relaxation Massage

Unwind and surrender to a session that is totally focused on you and your comfort. Tired and aching muscles will be soothed and stretched to invite deep relaxation and an overall sense of well being. Some range of motion and/or intramuscular manipulation may also be integrated, as necessary, for a deeper release of muscular tension.

### East/West Blend: YuDan's Specialty

Straight from China, YuDan blends movements from her eastern origins with the best of what the West has to offer. The result is a highly loyal clientele that rave, "That is absolutely the best massage I've ever had!"

### Holistic Massage

Your relaxation session begins with a crystal meditation and an affirmation for your highest healing potential. A 40-minute Swedish relaxation massage is followed by a 20-minute chakra clearing and balancing. A sense of peace and well-being will be gained.

### Polarity Therapy

Polarity therapy seeks to balance the energy fields of the body to revitalize the life force. Although the work is done on the physical body, the mind, emotions and spirit are also engaged. Sessions include an affirmation for your highest healing potential, Polarity bodywork (similar to massage), crystal meditations (front and back of body), aura and chakra clearings. Each session has the potential to bring clients a new sense of wholeness, insight and clarity.

### Full Spectrum Healing

These sessions work on the seven major chakras to free energy that has become blocked so that natural rhythms may be restored. Healings include: stress relief, emotional balancing, soul/life purpose, past life and other. Clients may experience a range of states, from deep relaxation to feelings of relief, expansion or greater insight into a current life issue. All sessions begin with a crystal meditation and an affirmation for your highest healing potential.

### Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. "Reiki" translates as "spiritually guided life force energy." It is administered by "laying on hands" and a treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.

### Acupuncture

Are you looking for a treatment alternative for your health problem that's safe, painless, effective and free of unwanted side effects? Acupuncture is a comprehensive medical system 2,000 years old. It can treat a wide range of emotional and physical conditions affecting the cardiovascular, respiratory, digestive, endocrine and musculoskeletal systems.

### Angelic Healing

Receive loving messages from your guides, angels, and loved ones on the other side as you enjoy a combination of Reiki, Magnified Healing, and IET. You will be given exactly what you need to know and hear at this point in time. Leave feeling relaxed and peaceful.

### Emotional Freedom Technique

Safe and natural method of tapping on energy meridians in your body to dissolve emotional blocks that keep you from experiencing well-being at all times.

### Also offering:

Massage/Reiki Blend  
Deep Tissue Massage  
Hot Stone Massage  
Pregnancy Massage  
Acupressure  
Energy Healing with "L"  
Tong Ren Energy Healing

## :: and more

### Holistic Lifestyle and Wellness Coaching with Noelle Armstrong, CHHC, AADP

Low energy? Allergies? Skin issues? Menopause symptoms? Side effects from chemotherapy? Yeast? Stomach issues? Headaches? ADD? The answer could be as simple as your food and your lifestyle. Let's figure out what's working for YOU and what's holding you back. Simple, back-to-basics approach. Complimentary nutritional breakthrough session. Meal planning available.

### Mediumship Readings

by Spirit Medium Terry Porter  
Tarot Card Readings  
(alone or combined with LOTS cards)  
Dozens of types of readings available at our  
Psychic Fair the 2nd Saturday of every month.