

# Sarnia Holistic Healing Centre

## January Update

### In This Issue

[Getting Acquainted with Jennifer Weiss](#)

[Upcoming Classes](#)

[Special Offers on Services](#)

[Join Our Mailing List!](#)

Happy New Year Everyone!

First let us wish you a year of all the wonderful things that you deserve; good health, happiness and prosperity. It is clear that things are changing for the better. This is certainly true at the Sarnia Holistic Healing Centre. As we turn this corner into a new and promising year there is a refreshing vibe that has swept through our space here.

We have two new practitioners that we have welcomed in the past couple of months. [Jo-Anne Gignac](#) is a Reiki Master and Certified Meditation Teacher. She offers private treatments as well as Meditation Classes at the centre. [Heidi Bechard](#) has also joined the group just this past December bringing her wealth of knowledge as a Natural Health Consultant, Relaxation & Energy Therapist with her specialty in Laser Auriculotherapy. We are very pleased to welcome these ladies to our centre and that we are able to offer these services to our clients.

Also, if you take a look at our [Events](#) page on the website you will see that there are many opportunities coming up to share in this fascinating and evolving world of personal health and well being.

## Getting Acquainted With.....

### Jennifer Weiss



Overcoming a series of personal challenges early on in her own life propelled Jenn to look beyond counseling and discover what else was out there to support people in their journey of personal development and healing. She has spent the last decade studying the many paths of personal growth including a degree in Psychology, training as a Co-Active Life Coach and a Level II Reiki Practitioner.

Specializing in self-care and emotional support for women & girls, Jenn is passionate about guiding others to take time out to discover who they are at their authentic core and empowers them to celebrate what they find.

From sweat lodges to personal development seminars, women's healing circles to self-esteem programming for pre-teen girls, Jenn takes pride in her wide spectrum of experience and is committed to bridging the gap between traditional methods of dealing with life's challenges and more creative, personal and intuitive approaches.

Jenn offers Complementary Consultations - with no risk, cost or commitment you can come and discover what Authentic U has to offer - it might be exactly what you have been looking for.

[More on Jenn at Authentic U](#)

## Classes and Education

### **Meditation Warm-up, with Jo-Anne Gignac**

This class is an introduction to regular meditation classes being offered beginning in February at Sarnia Holistic Healing Centre.

Tuesday, January 11

### **Loving Your Body With Food, with Jenn Weiss**

Quick and simple ways to nourish yourself and kickstart your body's natural healing systems.

Sunday, January 23

**February Meditation Classes, with Jo-Anne Gignac**

These classes are designed to bring you to new awareness of yourself and bring you closer to new realizations of our individual potential and connectivity. Starts February 1

**Finding Your Inner Magic, with Corrie Danielis**

An Experiential 4 Part Series For those seeking greater inner wisdom, peace, harmony and a more satisfying experience of life.

Starts Wednesday, February 2

**Stripped: Uncovering and Caring For Your Authentic Self, with Jenn Weiss**

A dynamic and creative two part workshop designed to discover more about yourself as a woman and celebrate what you find.

Starts Saturday, February 19

More classes being added all the time.

[Class Details](#)

## Special Offers on Services

### Laser Auriculotherapy

Contact [Heidi Bechard](#) for details. Offers valid through the month of January.

- Stop smoking now! Only \$199.00
- Weight Management - Get a free week with the purchase of a 4-week program.

### Emotional Clearing

With [Corrie Danielis](#). \$50.00 (Reg \$75.00) for initial session only. This is an introductory offer to entice those who have not yet experienced this unique treatment. Offer is valid until February 28, 2011.

[Our Services](#)

Embrace Health...  
Embrace Knowledge...  
Embrace Life...

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