



NRAD Wellness

Saturday May 19
11:00 AM – 3:00 PM

1350 Northern Boulevard
Manhasset, NY

CALLIOPE-NRAD WELLNESS GALA

INSPIRING SPRING WELLNESS EVENT

FREE WELLNESS CLASSES:

**JOINT HEALING YOGA THERAPY
AND RELAXATION - NIA CLASS
HEALING DANCE MOVEMENT
HEARTSTRINGS AND BEATS:**

Healing drum workshop; Empowering and
Transformational, no experience necessary,
accompanied by internationally recognized

Violist Karen Olson, Ph.D, member NY Pops
and **Robyn Van Praag**, Nature's Beat,
Health Rhythms Facilitator

KEYNOTE: DR. RUPOLO 'INFLAMMATION'

ECLECTIC RANGE OF WELLNESS VENDORS

• PRACTITIONERS • INFORMATION BOOTHS
• ORGANIC PRODUCTS • ART & JEWELRY
ORGANIC JUICE BAR • DANCE PERFORMANCES

ARTIST CHRISTINA BJENNING with her HEART- SOUL-SPIRIT JEWELRY COLLECTION:

Raw and ethereal recycled metalworks, gemstones, fine
silver, gold. She designs for Jeff Bridges, Bono, Bernadette
Peters, and many others.

**SPECIAL PROGRAMS AND INFORMATION BOOTHS
FOR CANCER PATIENTS AND SURVIVORS**

ADMISSION FREE

Sponsored by the Manhasset Women's
Coalition Against Breast Cancer

Annual Health & Wellness Fair

Hosted by



516-472-7255

www.calliopefitnessandarts.com