

Balance  
ENERGY WELLNESS

*Inspired by the work of Donna Eden  
Facilitated by Tammy Zumbo, LCSW-R*

# ENERGY MEDICINE CLASS

**Learn techniques to:**

Help improve energy  
Reduce stress and fatigue  
Help with focus, mood and vitality  
Support your body's natural healing abilities

**February 28, 2026  
10:00 AM - 1:00 PM**

**Four Elements Studio**  
809 Court Street | Utica, NY  
\$75

**FIND OUT MORE**

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



SCAN ME