

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



SCAN ME