

### Upcoming Events in West Knoxville at South College:

400 Goodys Lane, Knoxville, TN. Enter under the dome. 6:30 Meet and Greet, Program at 7pm

#### March 12th - Thriving at Work: Change Your Story, Change Your Experience

Our stories can either fuel our ambitions and move us forward or keep us stuck in the muck and mire of the past. Join Dr. Kate Flynn at CHEO's March presentation and learn how you can change your story and experience...

- *More fulfillment in your workplace*
- *A deeper sense of connection with your team*
- *Less frustration around your work*

This is a wonderful opportunity to stop thinking the grass will be greener somewhere else. For we truly know that the grass is greener where it's watered.

Door Prize: A Set of Heart Awakening Cards

#### April 9th - Want to Stay Young? Remember how to Play!

You may be familiar with the old saying, "We don't grow old and stop playing. We stop playing and grow old." Regardless of your age, you can remain young at heart!

Join Rachel Marshall of Humiovi Thai Yoga institute and learn how. Reconnect with your playful side and experience...

- *More fun and laughter*
- *A new outlook on life*
- *A willingness to enjoy the passing of time*



### Upcoming Events at the Rarity Bay Community Center:

150 Rarity Bay Parkway, Vonore, TN 6:30 Meet and Greet, Program at 7pm

#### March 28th - Fall Asleep Faster, Stay Asleep Longer, Wake Up Refreshed!

Healing on any level requires a good night's sleep. If this area of your life isn't working for you, chances are pretty good that it's negatively impacting other areas. Join us for CHEO's March Panel Discussion on insomnia featuring:

Dr. Kate Flynn, D.C. of Wholistic Integrations  
Dr. Suzanne Jonas, of Inner Harmony Health Center.  
Moni Castaneda of Feng Shui for Us.

Their presentations will have you sleeping like a baby!

- *Have more energy*
- *Say goodbye to brain fog and hello to mental clarity*
- *Experience a more positive outlook on life.*

Implement the recommended practices and sleep better tonight! When you are sleeping well, all areas of your life will improve. Those closest to you will thank you because you'll be easier to get along with.

Lots of Door Prizes!

#### April 25th - Give your Joints a Tune-Up and Avoid Joint Replacements!

A life of physical activity can take a toll on our bones and joints. Prevention is the key, but sometimes it's too late.

Stem Cell Therapy offers an alternative to joint replacement.

Learn more about what this cutting edge technology can do for you with Dr. Charles Adams of Personal Integrative Medicine.

This may be just what you need to heal the pain and.

- *Reclaim your life*
- *Return to your favorite activities*
- *Play with your grandchildren*

Bring a friend and we'll see you there!

**Discover Your Options for  
Wholistic Wellness!**



**Get Connected 🌱 Be Nourished  
Leave Empowered**

**All are welcome! FREE for members,  
\$10 minimum donation for guests.**

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