



## SPRING INTO HEALTH

The 4th Annual Holistic Health and Wellness Expo sponsored by the Royal Oak Community Coalition, Royal Oak Schools and Alliance for Coalitions of Healthy Communities will be held on Saturday, March 5th at Royal Oak High School 1500 Lexington Ave, from 10:00 a.m. to 3:00 p.m. Suggested donation of \$5.00 supports students at Royal Oak High School who attend the Morning Yoga/Mediation programs.

The 2016 Expo offers the opportunity to learn the fundamental of complementary and integrative practices by meeting with over 60 Holistic practitioners, joining any one of the 27 mini-classes, and new this year is hand-only CPR taught by Royal Oak Fire Fighters.

Holistic approaches are valuable tools to enhance an individual's wellbeing, manage illnesses, diseases and associated pain through natural solutions. While seeking traditional medical care is important, complementary and integrative modalities empower you to assist in the process and provide another support system for those challenging a physical or mental health condition.

For more information check out the Royal Oak Community Coalition website: [www/romi.gov/rocc](http://www/romi.gov/rocc) click on Holistic Expo or 'like' us on Facebook.