

# Class Pics

The great room at Cardinal Cove is often the comfortable "class" room for wellness therapy sessions at Sara's Women's Wellness Weekends. These photos are from September's weekend when guided imagery was among the included therapies.



This weekend everyone chose to partake of the fresh cuisine offered at the Firefly Grill, Effingham's renowned restaurant. (The Cove's fully equipped kitchen is available to anyone who prefers to stay "home.")



Sometimes it's difficult to get everyone called in from the woods, the various decks, somewhere in the house, but we always try to get a complete group photo somewhere!





## Lincolland Hospice's Healing Folk

Sara was asked to be part of this event in Mattoon, offering a session on making one's own memory pillow. It was a beautiful day and a good crowd!



Kathy Marren, NP, pictured at left with Sara, has developed a working relationship with Sara, using her knowledge of complementary and alternative therapies to help Hospice patients.



## Mid-America Motorworks

Several times a year, Mid-America Motorworks in Effingham draws thousand of Corvette and air-cooled VW fans for major events. This one included Sara teaching a seminar on Stress Relief While Driving.