

SUMMER SESSIONS



SEASIDE WELLNESS AC

*Empower your journey to a healthier,
more vibrant life.*

Join us for captivating Saturday morning retreats led
by top medical, nutrition, and wellness experts.



August 17, 2024: Gut Health

September 14, 2024: Radiant Skin

October 5, 2024: Better Sleep

Saturdays from 8:00 a.m. to Noon

Siren's Waterfront Restaurant, 447 Carson Ave, Atlantic City

Discover Proven Medical & Mental Health Tips | Food-as-Medicine Session
Opening Meditation | Coffee, Tea & Juice Bar | Farm-to-Table Catered Lunch

Limited Spots!

Per session: \$99 Sirens Members & Guests

\$119 Non-Members

seasidewellnessac.com

REGISTER TODAY



SCAN HERE

609.594.2880

seasidewellnessac@gmail.com