

## newsbriefs

### Eating For Energy & Vitality Support Group

Before you try your next weight loss plan or continue on the deprivation/binge cycle, come attend this free interactive workshop at 7 p.m. on April 21 aimed at teaching you which foods to eat for steady energy levels throughout your day. Joyce M. Berger, Certified Health Counselor, questions, "Why suffer eating 'diet foods' that don't taste good when there are so many other more satisfying choices?"



On May 5, Berger will begin group sessions to explore further the effects of sugar on the body. Participants will gain a greater understanding of how sugar decreases energy and puts on weight. In addition to understanding why we overindulge in sweets, participants will discover healthy alternatives to the typical refined sugars we find in candy bars and unhealthy snacks. By touring a local supermarket, group members will learn how to quickly make a beeline for the healthiest foods in the store. There will be cooking demonstrations and plenty of delicious food samples.

Berger works in Rockland, Orange and Westchester with her private practice, counseling clients on how to reach their goals for health, weight loss, and manage digestive disorders. Additionally, she presents workshops and lectures on living a healthy, balanced life.

*The workshop will be held at Caminez Chiropractic 548 West Nyack Road, West Nyack. To reserve a spot, contact Joyce at 216-1460 or foryourvitality@verizon.net. For more details, visit joyceberger4vitality.com. See CRG listing, page 41.*

### Free Color Me Yoga Class for Kids

Children between the ages of 4 and 6 will have the opportunity to experience a free "Color Me Yoga" class on Tuesday, April 6. Gabriela Chinnock, certified Color Me Yoga instructor, provides a loving, nurturing space where children can connect to their unique and radiant selves, explore and discover their inner strengths and wisdom, and have a great time. Chinnock explains, "I love that I can combine my love of movement and yoga with an intense desire to guide children to feel empowered as individuals."



The classes, which will be held on Tuesdays at 4:15 p.m., incorporate yoga postures, meditation, creative movement, self-esteem games, breathing, arts and crafts and songs.

*All classes, including the free demo class on April 13, will be held from 4:15 to 5 p.m. at Skyelight Healing Arts in Nyack. For more information, contact Gabriela at 917-680-8782 or at GabrielaColorMeYoga@gmail.com. See ad, page 10.*

### Families Go Green, Save Money

Recycling just became a lot easier for Hudson Valley parents. Be Green Kids Consignments, a seasonal kids consignment event, will be holding their spring sale at the Fishkill Recreation Center April 30 through May 2.

Consignment events are a fast growing trend in the current economy. At consignment events, new and gently-used children's items are resold from parent-to-parent at prices up to 90 percent off retail. Additionally, families can register to consign and make money from selling their old items.

Be Green Kids co-owner Alison Murphy, a native to the Hudson Valley, says, "Consignment sales are a great way for families to be green. Through our Be Green Kids Consignment events, we provide a positive way for families to impact their community and the environment. The event makes it easy for families to practice conservation and recoup some of their money spent."

*Join Be Green Kids Consignments at the Fishkill Recreation Center April 30 through May 2. For more information and to register as a consignor visit BeGreensale.com.*

### Walk for the Earth

Earth Citizen Walk 2010 is being held May 1 at Rockland Lake State Park in Valley Cottage. The walk is a grassroots event of a national and international endeavor to make people aware of the importance of taking responsibility and ownership of the Earth. National Coordinator Janet Winston explains, "Our goal for the Earth Citizen Walk 2010 is to gather as many people as possible to share our oneness and love for our Earth and each other, crossing all boundaries that separate us as Earth Humans." Participants will walk for 1 or 3 miles around the park to establish oneness as Earth Citizens regardless of race, religion or nationality. "Our goal is to create a better humanity and a world of health, happiness and peace," adds Winston.



Earth Citizen Walk is not affiliated with any political cause. All the proceeds from the event will support the health, environmental and educational projects of UNICEF.

*For more info visit EarthCitizenWalk.org or call Janet Winston at 973-706-7765. See calendar listing, page 37.*

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