

FOR IMMEDIATE RELEASE
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Omega Institute to Offer Wellness Opportunity: A Weekend Dedicated to Helping People Increase Their Health, Healing & Happiness

Three Top Teachers in the Fields of Naturopathic & Functional Medicine, Food & Nutrition, and Intuition to Present Methods of Finding Balance and Renewed Health

RHINEBECK, NY – For nearly 40 years, Omega has offered wellness programs that address the body, mind, and spirit by providing opportunities to slow down, enjoy nature, and rejuvenate. From September 30th to October 2nd, [Omega Wellness Weekend](#) will provide both beginners and those experienced with holistic health practices the opportunity to participate in a restorative program that supports individuals at their own pace and level.

“We are proud to offer workshops and retreats that support people in making lasting change and staying committed to health and well-being. Our 250-acre Hudson Valley campus is an ideal backdrop for learning the art of self-care. From spending time in nature, to eating well, to meditation and yoga classes, wellness is embedded in the Omega experience,” said Carla Goldstein, chief external affairs officer at Omega.

[Tom Francescotti](#), naturopathic doctor, [Kathy Fitzgerald](#), intuitive counselor, and [Wayne Homsy](#), chef and nutrition expert, will offer insights and guide participants in taking steps to renew health and vitality.

“An Omega Wellness Weekend is not only about learning practices that will support a healthier lifestyle, but also understanding the areas in which we have room to grow. Our aim is to inspire and empower people to make the changes necessary to meet their individual health and wellness goals,” said Tom Francescotti, ND.

Through group discussions, lectures, contemplative and intuitive practices, food demonstrations, and qigong exercises, participants will learn to:

- Address root causes of symptoms, weight challenges, and energy imbalance
- Eat a healthy, whole foods diet addressing food allergies, leaky gut, and the microbiome
- Release toxins, stressors, and negative patterns affecting the body, mind, and spirit
- Deepen intuitive skills and self-awareness
- Integrate a healthy and wise exercise plan
- Support adrenals, handle stress better, and balance inflammation in the body

For more information visit [eOmega.org](#), and follow Omega on Facebook, Twitter, YouTube, Pinterest, LinkedIn, Instagram, and Google+.

About Omega Institute for Holistic Studies

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 250 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. [eOmega.org](#)