



May 23rd 9:15am - 12:00pm

RESTORE OUR CITY TO HEALTH

About:

Restore Yourself to Health welcomes you back for the second gathering in our Spring Healing Program — a transformative community experience centered on nurturing wellness, holistic restoration, and authentic connection.

This month, we'll explore gentle, effective ways to support the body's natural detoxification systems, and reflect on why spring has long been seen as a season of renewal and cleansing. Together, we'll have a grounded conversation about nourishing the body while releasing what no longer serves us.

We're also honored to welcome Patty Hoolihan, who will share her philosophy on caring for the caregiver and lead a restorative meditation focused on self-care and replenishment. This gathering is a reminder that caregivers, too, deserve support, nourishment, and compassion.

The Day's Journey:

9:15

Check in for Sound Bath

9:30

Sound Bath healing with Elise Bohaty

10:30

Spring is here- How to effectively detox the body and improve your immune system

11:15

Patty Hoolihan- caring for the caregiver; She will guide us into a deep meditation of renewal

To RSVP please visit:

<https://restoreyourselftohealth.com/project/restore-our-city-to-health/>

Limited Space Available

Guest Speakers



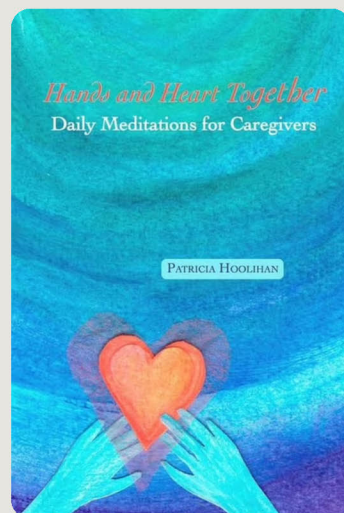
Elise Bohaty

FNTP, RWS 1,2 & 3, CST, CMT
Medical Intuitive



Patty Hoolihan

Author of *Hands and Heart Together: Daily Meditations for caregivers*



Location: Restore Yourself To Health, 1604 W Lake St., Minneapolis, MN, 55408

Questions? Call us at 952-836-6814 to learn more