



[www.africanholistic.weebly.com](http://www.africanholistic.weebly.com)

## 2014 CALENDAR OF UPCOMING EVENTS

### The 2014 Open Your Year! Holistic Healing and Wellness Day

Theme: Holistic Tools for Managing Change

<https://www.facebook.com/events/184492038408265/>

**Saturday January 18, 2014 \* 12noon to 6pm**

at Sunkofa Gift Shop & Juice Bar

1789 Southern Blvd

@at 174th Street and Boston Road

Bronx, NY 10456

Hear Presentations On:

Healthy Eating (It's Not a Punishment!) \* Detoxing \* Yoga and Stress Management \* Goal Setting \* Your 2014 Fitness Plan \* Men's Holistic Health \* Meditation \* Reiki and Emotional Healing \* Urban Agriculture

\* Meditation Presentation by Shiwon MoonGoddie Greaves

\* The Herbal/Zodiac/Chakra Connection by Zakiyyah Madyun

\* Fitness Presentation by Myrna Lopez

Sample Holistic Healing Treatments (fee for services) -

Reiki Energy Reconstruction w/ Laura Reinlib

Chakra Reading, Clearing & balancing w/ Dee Savoy [www.rekified.com](http://www.rekified.com)

Reiki w/ Luciano <http://nycreikimaster.com/>

Foot Reflexology w/ Sister Shai [www.africanholistichealthnwellness.weebly.com](http://www.africanholistichealthnwellness.weebly.com)

Chair Massage w/ MerySerket Anitefnut - [www.windowsofwellness.com](http://www.windowsofwellness.com)

Intuitive Readings w/ Dana Marie <http://www.intuitivedana.com/index2.html>

Healing products available for sale & wholesome cuisine & juices available for sale

Event Admission - \$5

For more info - 646 259 5990 / 347 590 2394

[bronxholistichealing@gmail.com](mailto:bronxholistichealing@gmail.com)

<http://bronxholistichealing.wix.com/bronxholistichealing>

Twitter - @Bronxholistic



**Monthly Open House @ Life Spring Rejuvenation Center**  
**March 1, April 5, May 3, 2014, June 7 @ 12p to 6p**

- Learn Benefits of Holistic Health for Natural Healing
  - Benefits of Essential Oils
  - Learn Benefits of Colon Health
  - Importance of your Blood Type
    - Benefits of Iridology
    - Much, Much More

Life Spring Rejuvenation Center  
953 E. 225<sup>th</sup> Street, Bronx NY 10456  
RSVP Today !! 347-427-7417  
Host: Sista Deanna & Brother Ramin Heru

**Health Disparities Conference**  
**Conference Theme:**

“URBAN AND GLOBAL HEALTH: CULTURALLY APPROPRIATE RESEARCH AND PRACTICE”

March 7 – March 8, 2014 – Full Days  
Columbia University Teacher’s College NYC  
525 W. 120<sup>th</sup> Street  
New York, NY 10027

<http://www.tc.columbia.edu/healthdisparitiesconference/>

**Annual Chapter MeatOut**

March 22, 2014 @12p to 7P – Tentative  
Includes Beginner Gardener’s Workshop  
@African Holistic Health & Wellness Center  
132-20 116<sup>th</sup> Avenue  
South Ozone Park, NY 11420  
RSVP by calling 347-427-8668

**MEDGAR EVERS COLLEGE NATIONAL BLACK WRITERS CONFERENCE**

Medgar Evers College  
1650 Bedford Avenue  
Brooklyn, NY 11225  
MARCH 27 – 30, 2014

<https://www.facebook.com/NationalBlackWritersConference>

**NEWLIFE EXPO**

**Hotel Pennsylvania**

401 7th Ave, New York, NY 10001

March 21 – March 23, 2014

<http://www.newlifeexpo.com/>



**Transforming the Temple Health & Wellness Event**

April 26, 2014

Caribbean Cultural Center African Diaspora Institute

Venue: Taino Towers

103 E. 125<sup>th</sup> Street

New York, NY 10035

Time: 12p-7p

Contact: Desiree Gordon: (212) 307-7420 Ext. 3010

**NYC Black Holistic Health Expo**

May 1, 2014 – Tentative Date

Venue: TBD

Vending: Brother Mahesh: 914-699-3397

Featured Guest:

Dr. Llaila Afrika, Holistic Health

Dr. Bombay, International Herbalist

Dr. Yew Bellomee, Herbalist

Dr. Yowhanna Bennett, Economic Solutions

Dr. Manu Dawson, Integral Yoga & Holistic Health

**Women's Manifest Miracles Conference**

May 10, 2014

Harlem, NY

Venue: TBD

Contact Mut Seshatms

Email: [wowmiracles@gmail.com](mailto:wowmiracles@gmail.com)

Facebook: <https://www.facebook.com/BeWowMiracles>

Phone: 707-969-7601

**35<sup>th</sup> DANCE AFRICA FESTIVAL 2014 - MAY 24, 2014 - MAY 26, 2014**

**THE AFRICAN HOLISTIC HEALTH CHAPTER OF NY**

**AT THE BROOKLYN ACADEMY OF MUSIC**

**<http://www.bam.org/programs/2014/dance-africa>**

**Member Appreciation Week**

*Welcomes*

*Dr. Akua and Dr. Chenu Gray, ND*

*A Life Of Peace Wellness Institute*

**All AHHC of NY Members are invited to a week of complimentary classes, consultations and quality time with Dr. Akua and Dr. Chenu, May 29<sup>th</sup>—June 1<sup>st</sup>**



**SCHEDULE OF 4 FREE CLASSES LISTED BELOW:**

Thur., May 29, 2014 7 - 9pm

**“Your Holistic Health Business Plan Expansion Round Table Discussion”**

Fri., May 30, 2014 7–9pm

**“Activating Your 4 Levels of Healing: Achieve Perfect Health”**

Sat., May 31, 2014 4 - 7pm

**“The Next Level Vegan Tasting Party !”**

Sun., June 1, 2014 8am - Noon-

**“One Day Meditation Retreat”**

Preregistration is required as space is limited.

For Non-Members there is a small fee of \$25 /session attended, preregistration required.

[http://www.eventbrite.com/rss/user\\_list\\_events/47709129409](http://www.eventbrite.com/rss/user_list_events/47709129409)

Venue: African Holistic Health & Wellness Center

132-20 116<sup>th</sup> Avenue

South Ozone Park, NY 11420

**NYC Black Expo Summer Kickoff**

African American Chamber of Commerce

With Mark Anthony Jenkins

June 7 – 8, 2014

Venue & Event Details: TBD

646-470-6727

**BLACK MEN’S HELATH EXPO**

African American Chamber of Commerce

With Mark Anthony Jenkins

June 14 – June 15, 2014

Venue & Event Details: TBD

646-470-6727

**KOWTEFF JUNETEENTH CELEBRATION**

JUNE 22, 2014 – TENTATIVE

Bed-Stuy Restoration Plaza

1368 Fulton Street

BROOKLYN, NY 11216

11a – 6p

Phone: 347-232-7834



**3-MONTH HOLISTIC HEALTH CERTIFICATION – Dr. Llaila Afrika**

June 28 & 29, July 12 & 13, August 30 & 31, 2014

Cost - \$1000

Saturdays & Sundays 9a-5p

Venue: TBD

– Contact Sista Shai (Shy-ee): 347-427-8668

**<http://africanholistic.weebly.com/2014-dr-afrikas-chapter-trainings.html>**

**42<sup>ND</sup> AFRICAN INTERNATIONAL ARTS FESTIVAL - JULY 3 – JULY 6, 2014**

THE AFRICAN HOLISTIC HEALTH CHAPTER OF NY

COMMODORE BARRY PARK, BROOKLYN, NY

<http://www.iaafestival.org/>

**3-MONTH IRIDOLOGY CERTIFICATION**

**INSTRUCTOR: DR. RA-MIN HERU - \$1,000**

Saturdays & Sundays 9a to 5p

June 21 -22, July 19 – 20, October 25 – 26, 2014

Venue: Life Spring Rejuvenation Center

953 E. 225<sup>th</sup> Street

Bronx, NY 10456

To register, contact Sista Shai 347-427-8668

**<http://africanholistic.weebly.com/2014-metaphysical-iridology-certification.html>**

**1-DAY ANATOMY & PHYSIOLOGY COURSE**

**INSTRUCTORS: DR. LLAILA O. AFRIKA & DR. MELANIE STEVENSON - \$400**

June 28, 2014 - 6p to 9:30p - Saturday

July 12, 2014 - 6p to 9:30p - Saturday

August 30, 2014 - 6p to 9:30p – Saturday

Venue: TBD

To register contact Sista Shai (Shy-ee): 347-427-8668

**<http://africanholistic.weebly.com/2014-dr-afrikas-chapter-trainings.html>**

**HARLEM BOOK FAIR**

**JULY 12, 2014**

**12P – 6P**

**<http://www.qbr.com/harlem-book-fair.aspx>**



**SPORTS HEALTH & WELLNESS EXPO**

AUGUST 2, 2014 @ 12P – 10P

African American Chamber of Commerce

Mark Anthony Jenkins

646-470-6727

Venue & Event Details to follow....

**Dance Theatre of Harlem Outdoor Festival**

August 9, 2014 – TENTATIVE

2p to 7p

Stay tuned for event details...

<http://www.dancetheatreofharlem.org/>

**HARLEM WEEK OUT DOOR FESTIVAL**

AUGUST 23 – 24, 2014 – TENTATIVE

<http://harlemweek.com/>

**3-WEEK BEGINNER REFLEXOLOGY CERTIFICATION**

**INSTRUCTOR: DR. EL HA GAHN - \$1000**

September 6 - 7, 2014, September 13 - 14, 2014, September 20 - 21, 2014

Saturdays & Sundays: 9a to 5pm

@ African Holistic Health & Wellness Center

South Ozone Park, NY 11420

To register Contact Sista Shai (Shy-ee): 347-427-8668

<http://africanholistic.weebly.com/2014-beginner-reflexology--advance-certification.html>

**2-DAY ADVANCED HOLISTIC HEALTH CERTIFICATION**

**INSTRUCTOR: DR. LLAILA O. AFRIKA - \$600**

September 27, 2014 & September 28, 2014

Saturday & Sunday - 9a to 5p

Venue: TBD

To register contact Sista Shai (Shy-ee): 347-427-8668

<http://africanholistic.weebly.com/2014-dr-afrikas-chapter-trainings.html>

**20<sup>TH</sup> ANNUAL LOCKS CONFERENCE**

OCTOBER 4 – 5, 2014

<http://www.locksconference.com/>

Imhotep Institute Charter High School

21<sup>ST</sup> & Godfrey Streets

Philadelphia, PA 19138



**CIRCLE OF SISTERS 2014**  
OCTOBER 4 – 5, 2014 – TENTATIVE  
<http://www.circleofsisters.com/>

**NY HAIR & BEAUTY EXPO**  
**October 11 – 12, 2014**  
African American Chamber of Commerce  
Mark Anthony Jenkins  
646-470-6727  
Venue & Event Details to follow....

**WPIX HEALTH & WELLNESS EXPO**  
**October 18 – 19, 2014 – Tentative**  
<http://healthexpo.pix11plus.com/>

**NEW LIFE EXPO**  
October 24 – 26, 2014  
Hotel Pennsylvania  
Details to follow  
<http://www.newlifeexpo.com/>

**NY Black Expo**  
December 20, 2014  
African American Chamber of Commerce  
Mark Anthony Jenkins  
646-470-6727  
Venue & Event Details - TBD  
<http://newyorkblackexpo.com/>

**National Action Network Kwanzaa**  
**December 27, 2014**  
Venue & Event Details – TBD  
<http://nationalactionnetwork.net/>



**Facebook: African Holistic Health Chapter of NY**

**Twitter: Africanholistic**

**Pinterest: Africanholistic**

**Phone: 347-427-8668**

**Website: [www.africanholistic.weebly.com](http://www.africanholistic.weebly.com)**