6415 West River Road NW Rochester, MN 55901 (507) 272-2528

www.hermitagefarm.org

## Join us for Wellness Saturdays: November 1<sup>st</sup> and 15<sup>th</sup> on 8:00 AM-5:00 PM



## By Appointment Only

Hermitage Farm will continue to offer

'Wellness Saturday' appointments on two Saturday's each month. We will offer healing modalities that will focus, balance and restoration the mind, body and spirit. Participants will have the opportunity to schedule 2-3 treatments during the day and while reflecting on your self-care. Enjoy a delicious cup of tea!

## Schedule a Wellness Saturday appointment:

**Pre-Scheduling is required**. Please go to our website under 'Practitioners' to learn more about their healing practices and schedule your appointment with each practitioner on line. Please feel free to contact Hermitage Farm with any questions at: 507-272-2528.

Payment for services can be made by cc, cash or check to each practitioner at the time of the event.