

Feel Better

More Energy

Less Stress



Wellness Workshop with Susan Krieger

Discover simple, practical ways to improve your well-being, boost your energy, and reduce stress as you age.

Saturday, May 2nd 10:30 AM – 12:00 PM

SunCoast MCC Sanctuary

Cost: \$20

3 Scholarships Available - Sign up in the lobby or speak with Rev. Nancy

About Susan:

Susan Krieger, L.Ac., MS, MEA, is an internationally respected wellness expert with over 35 years of experience. Her work includes Integrative Macrobiotics, Chinese Medicine, Qi-Gong, Acupressure, Shiatsu, Acupuncture, and Wholistic Nutrition. Available for in-person or Zoom consultations.



SunCoast MCC
Metropolitan Community Church

3276 E. Venice Ave.
Venice, Florida