



Join Us for this Fall 2025 Special Class

Wellness Myths & Trends



Thursday, October 30th from 6:00 – 7:30pm

Detox diets, Intermittent fasting, Meditation, “Toning” vs Strength Training, “10,000” steps a day vs movement... In a world flooded with wellness advice, how do you know what truly works of what’s a passing fad? This engaging presentation-style class will explore the top wellness trends, exploring their myths and misconceptions, separating fact from fiction using scientific research and expert insights. By the end of this session, you’ll have a clearer understanding of which wellness practices are worth your time and engagement and which ones are just clever marketing. Don’t be fooled on your wellness journey – no matter if you are just starting your wellness path or you are a life-long learner – this interactive class will advance your wellness knowledge in a fun and interesting way! **\$35**

Open to ages 12 and up.

***Registration Required - Reserve your place in class today! Book Online www.WellnessSpaResort.com or call 715-341-3333 for more information. This class is on a pre-pay, non-refundable registration basis.**



Shannon Ramsey has dedicated over 30 years to the health and wellness industry, including 25 years as the Health and Wellness Director for the Woodson YMCA in Wausau as well as five years as a massage therapist. With a passion for empowering women, she combined hands-on expertise with science-backed insights to help individuals navigate wellness trends, debunk myths, and achieve balanced, sustainable well-being. As a speaker, she inspires audiences to take control of their own personal health and embrace a holistic approach to wellness.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com