

AVON CHAMBER HEALTH COUNCIL
February 17th, 2020 – MINUTES

Host: Renee Lacourciere of Anthology Senior Living, Simsbury

Facilitator: Len Diana of An Infinite Abundance

Council meeting brought to order at 12:47 p.m.

30 Second Introductions: Occurred at 12:47 p.m. Members briefly shared who they are and what their business is. Shana Griffin of ShopRite reminded us that individuals can find the ShopRite cooking class schedule at Dieticians.shoprite.com.

Future Events Discussion: Occurred at 12:56p.m. Discussion occurred regarding if the council would like to do a spring or fall event. Members felt that they would like to have the event in the fall, which was supported by Shana. The event will occur at ShopRite.

Introduction of Host: Occurred at 12:58 p.m. Renee spoke with us about the wonderful offerings at Anthology Simsbury. She reported to us that individuals are intrigued by the many activities and accommodations offered. She emphasized that Anthology has ongoing registered nurse care. On March 3rd from 9am-11pm there will be a realtor breakfast at Anthology. There is also a February food drive occurring. For more information, please see Renee.

Announcements: Occurred at 1p.m. Please remember to register ahead of time for chamber events. This allows the chamber to see who attends which events, and who may be interested in participating in certain opportunities. This also is courteous to our fellow hosts. The next March meeting will be held at Middlewoods of Farmington. The May meeting will take place at River Ridge at Avon.

Facilitator Presentation by Len Diana of An Infinite Abundance: Occurred at 1:02pm

- Len is very passionate and feels Reiki saved his life. He was unhappy with his former career, and found peace and happiness through Reiki and meditation
- Len explained that energy flows through from above and below his body, but that the actual healer is the client himself or herself. He emphasized that when the client goes to their “happy place” mentally during the session; it allows the individual to open him or herself to healing.
- Len loves that his clients trust him, especially when they fall asleep during sessions as that is testimony to their trust in him and his care
- Len explained that Reiki can be used for physical, mental, and emotional health. He reported that he is able to help individuals who are grieving following recent or previous deaths.
- Len also reported that Reiki can be utilized for individuals who would like to be more spiritually inclined

- Len's specialties including using Reiki to help individuals suffering from financial and work related stress
- Additionally, Len specialized in Autoimmune Disorders, as he feels these patient's suffer in their personal lives when medically managed; and through Reiki they are able to have a better quality of life and health.
- Len explained that Reiki addresses the root cause of pain and sickness. He explained that inflammation is a major root cause of many health troubles. He gave the example that a pacemaker addresses symptoms but not causes.
- Len reminded that sometimes Reiki takes time and may need ongoing sessions
- Recently Len has found success in working with individuals with asthma, depression, and high stress

Thank you, Len.

Final Information at 1:20 p.m.: Lisa Bohman reminded us that on March 4th is Connecticut Business Day. Please be at the legislative office by 7:15am, the event will end at 12p.m. On April 4th, Max Challenge of Avon will be at Raymour and Flannigan of Avon for a Relay for Life fundraiser. For information and registration, go through EventBrite.

Meeting Concluded at 1:30p.m.

Submitted by Joelle Santiago, DC