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**From:** Urban Zen <info@urbanzen.com@mail25.us1.mcsv.net> on behalf of Urban Zen <info@urbanzen.com>  
**Sent:** Thursday, August 30, 2012 4:01 PM  
**To:** Jeffrey  
**Subject:** Summer Wellness Series in Sag Harbor - This Week: Hamptons Wellness Services

Join us in Sag Harbor for our Summer Wellness Series. Details on upcoming events below.

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Our Summer Wellness Series comes to a close with one last talk by Ragan Finalborgo. She will be discussing the variety of Integrative Services that the Southampton Hospital's Wellness Institute offers as well as Mind Body Medicine and Integrative Nutrition. The Wellness services are designed to complement traditional medicine and help individuals optimize their health and restore their sense of well-being. Don't miss this final edition in a series dedicated to different topics on holistic health and living.

Thank you to everyone who made this series possible. To learn about other events curated by Urban Zen, visit [www.urbanzen.org](http://www.urbanzen.org) <<http://urbanzen.us1.list-manage1.com/track/click?u=a0a658b344c825ecf28ade459&id=09f59c31df&e=813203595a>> .

#### FOR MORE INFORMATION

Contact [INFO@URBANZEN.ORG](mailto:INFO@URBANZEN.ORG) <<mailto:info@urbanzen.org?subject=Summer%20Wellness%20Series>> or call 631.725.6176.

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