



Hey Hil, Your November Wellness News is Here!

November in St. Pete arrives and the community is
GATHERING! Can you feel it?

We've opened our windows to receive the fresh & crisp breeze, we have the opportunity to stoke the fire of our beloved friendships and those in need, while slowly gear up for some gentle holiday spirit!

You know you'll find us out in the community this month: Sharing holistic health practices at **Tuesday Gulfport Market**, gathering energy healers at **PureBioenergy Healing Immersive Training in Orlando** where Vilija will be a supporting trusted practitioner, and celebrating local makers (like ourselves) at **Shopapalooza**, towards month's end!

Speaking of community - thank you for all that you do!

Here are the local restaurants offering FREE meals while SNAP Benefits are not available.

May our paths cross organically and intentionally this month, please! We'd love to share a smile and moments of positive and uplifting energy.

Wishing you a cornucopia of goodness, celebratory community connection and lasting peaceful energy.

Sending love and gratitude,

💖 Hil & Vil 💖

CHECK OUT THESE COMMUNITY CONNECTIONS FROM OCTOBER 2025





MORE IS HERE IN NOVEMBER...!

WE'RE BACK!!! TUESDAY GULFPORT MARKET!



BOOTH NEAR GULFPORT BEACH BAZAAR - TUESDAY'S @9AM-2PM

15-MINUTE FREE HOLISTIC HEALTH SESSIONS

Level One & Two Intensive Training

PureBioenergy Training

IMMERSIVE - EXPERIENTIAL - LIVE

November 13 - 16, 2025

Orlando, FL

(Altamonte Springs)



[CLICK TO LEARN MORE & JOIN THE TRAINING](#)

SHOP. LOCAL. THIS. SEASON.



LOCALSHOPS1

SHOPAPALOOZA

WELCOME TO SHOPAPALOOZA 2025

The biggest Small Business Saturday (and Sunday!) party in the nation is back, celebrating 15 years of community love!

350+ local makers and small businesses!

10am-5pm Nov 29+30 | Vinoy Park, St. Pete | free admission



KIDDOPALOOZA

All day, both days:

- playdough sculpting • slime tables • painting stations • DIY ornaments • retreat tent • outdoor obstacles • desserts • food trucks • family-friendly vendors • pet rescues

Scheduled activities, both days:

- 10-11am: music class • 10:30am-noon: story time
- 11am-2pm: Santa Visits & Photo Opps • 2-5pm: Letters to Santa



Fun & Activities for all ages

- Aerial performances
- Giant lawn games
- Retro video games
- Paint by Numbers

More special sections!

- Kidpreneurs Zone
- Photo opps throughout
- Glam seating lounge
- Beer Garden
- Food Rows in all zones

5th Ave. sidewalk



VINOY BASIN

7th Ave. sidewalk

TAMPA BAY



THE MAIN STAGE

Saturday

- 10:30am Greg Woodruff
- 12:00pm Element
- 2:00pm Righteous Duo
- 3:30pm Amber Lynn

Sunday

- 11:00am Paul Anthony Band
- 12:30pm Derek Roura
- 2:00pm Tommy & Mimi
- 3:15pm Pet Fashion Show

CENTER ZONE

Shopapalooza Info Booth

Check in to see if you won a Palooza gift card or a prize from a local business! And come grab swag, while supplies last.

Map & illustrations by Don Morris Visuals

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WHAT'S ON YOUR WELL-BEING LIST?

GET TO THE ROOT CAUSE OF YOUR CURRENT HEALTH CONDITION



PHYSICAL HEALTH

- Musculoskeletal Health
 - Chronic Pain
 - Arthritis
 - Structural Imbalance
 - Nerve-Pain/Numbness
 - Joint Care
 - Injuries / Post-Op Care
- Digestive Health
 - IBS / Leaky Gut
 - Acid Reflux/Spasm
 - Food Sensitivities
 - Diverticulitis
 - Bloating / Constipation
 - High Cholesterol
- Hormonal Health
 - Thyroid Imbalance
 - PMS Symptoms
 - Peri/Menopause
 - Fertility
 - Blood Sugar Regulation
 - Metabolic Health
- Immune & Circulatory Health
 - Frequent Illness
 - Autoimmune Disease
 - Swelling / Water Retention
 - Skin Inflammation
 - High Blood Pressure
 - Heart Disease



MENTAL & EMOTIONAL HEALTH



- Stress & Anxiety

- Worrying / Overwhelm
- Fight or Flight Mode
- Memory / Concentration
- Nervousness
- Low Self-Worth
- Overstimulated Nervous System

- Grief & Life Transitions

- Divorce
- Losing a Loved One
- Job Insecurity
- Money Issues

- Mood Changes

- Depression
- Bipolar
- Low Motivation
- Low Energy
- Life Purpose

- Trauma & PTSD

- Emotional Triggers
- Extreme Reactivity
- Unresolved Experiences
- Stored Trauma in the Body



HOLISTIC HELP IS HERE...



Hil & Vil
Natural Wellness

Family Owned & Operated Holistic Wellness Center



**BIOFEEDBACK
FREQUENCY
THERAPY SESSIONS**



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LIFE COACHING
SESSIONS**



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YOGA, TAI CHI &
SOMATIC HEALING
COURSES**



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**TAMPA BAY
WELLNESS
NETWORK EVENTS**

HIL & VIL NATURAL WELLNESS

8068 24TH AVE N, ST. PETERSBURG, FL 33710

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bio-resonant frequencies to the heal imbalanced
body systems, organs, tissues and cells.

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- Promote cellular regeneration
- Increases relaxation + relieve pain

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[BOOK IT HERE!](#)

WITH GRATITUDE & LOVE,
HAPPY NOVEMBER & SEE YOU SOON!



Family-Owned & Operated
Holistic Healing Center



Vilija Tamulynas
Owner

Hilary Reinglass
Owner

 (708) 571-0163

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Wellness Services

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Ionic Foot Detox
Tampa Bay Wellness Network Events



SCAN FOR DETAILS

CONTACT US DIRECTLY

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Sent to: Naturalwellness@hilandvil.com

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