



NYS HEALTH WELLNESS & AESTHETICS CHAMBER OF COMMERCE NYSHWACC

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ABOUT US

Mission

The mission of our organization is to assist our representatives in expanding their clientele, increasing their revenues and offering new opportunities for job growth

Vision

Our vision is to involve all of our members in expanding and improving the community of the chamber of commerce. The priority is to succeed as a team by working as one.

Goals

We have a distinct goal of upgrading the business atmosphere by ensuring our partners become successful through activities such as educational forums and networking promotion

What Do We Do?

The New York Health, Wellness & Aesthetics chamber of commerce is dedicated to provide the community of New York a commerce that benefits its members. All members within the Health industry can come together regardless of their geographic location. The value of health is that it trespasses physical boundaries and the goal of the chamber is to unite everyone together so we can all experience positive results.



OUR TEAM



IDALIS BAILEY
PRESIDENT



ANDREA DIAZ-MRABET
EXECUTIVE DIRECTOR



BILLIE RADOVIC
MANAGER



VIVIAN RIVERA
ATTORNEY CONSULTANT



PATRICIA BERMEJO
ACCOUNTING SYSTEMS TECH.



LUIS CUNEO
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FOR ADULTS OVER
60+

IMPROVE
YOUR QUALITY
OF LIFE



HEALTH, WELLNESS & IMAGE

The purpose of this event is to make our senior community aware of the importance of maintaining a stable health, improving the quality of life with annual doctor visits, organic meals, holistic nutrition and exercise to maintain our image and look good.

NYSHWACC Will offer free primary health services with a mini expo in health, wellness, and aesthetics.

October 7th, 2017 from 12:00 pm to 4:00 pm. We expect 100 to 150 guests over the age of 60.

OCTOBER 7, 2017 • 12:00AM to 4:00 PM

25-22 Astoria Boulevard
Astoria NY 11104

SENIOR
BRUNCH

REGISTER HERE

<http://nyshwacc.org/health-wellness-and-image/>

Anti-Aging Foods

Turning back the hands of time is impossible, but we all age and would like to slow down the process as much as we can. We start to lose elasticity and collagen in our skin, which causes wrinkles and sagging. Surprisingly, by eating certain foods we can fight back against the effects of aging and preserve our youth.

- 1. For whole grains try brown rice, whole grain bread, oats or barley
- 2. For fruits with vitamin C try oranges, grapefruit, pomegranates and tomatoes
- 3. For foods with healthy fat try olive oil, walnuts and avocados
- 4. For lean protein try eggs, beans and fish

- 5. For vegetables try brussels sprouts, kale, collard greens, broccoli and cauliflower.
- 6. For foods with omega-3 fats try flax seeds, salmon, walnuts, eggs, mackerel and sardines.
- 7. For foods with antioxidants try blueberries



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WELCOMES NEW MEMBERS

**NYS Health, Wellness & Aesthetics Chamber of Commerce
Welcomes New Members for Better Business Opportunities**

New York, Sept. 1, 2017

The NYSHWACC is extending an invitation of membership to industry professionals and entrepreneurs in the health, aesthetics and wellness arena in the NY community. Founded by Idalis Bailey, president of Renew Esthetics MediSPA, NYSHWACC has become an alliance of individuals who are devoted to helping members expand their clientele, generate more revenue and increase their business promotion through unique networking opportunities. This continued dedication to promote local business people and exchange valuable ideas has increased the capacity to provide members with the tools and techniques that are necessary to achieve a competitive edge in the health market.

Regardless of your geographic location, you, too, can become a member of this association that specifically highlights the health industry and the challenges that professionals face. So, join NYSHWACC today and align your business or services with an assemblage of professionals who will support your growth efforts. As it evolves, services will expand, so you can flourish and build relationships that benefit not only you, but everyone in the organization.



iHAY MÁS ADELANTE!



iHay Más Adelante! is a unique format of short stories inspired by the popular and innovative TED talks. It is aimed at repositioning the healthcare conversation from “the scary unknown” to a topic integrated into one’s holistic life.

www.haymasadelante.com

Ways to Reduce Anxiety

For people who are consumed with negative thoughts about the future, anxiety will normally be a constant impediment. Their anxiety can often be exacerbated when they surround themselves with negative images and toxic people.

Anxiety can cause headaches, tense muscles, insomnia, loss of appetite, addictive behavior suppression of the immune system and panic attacks, which can lead to clinical depression.

Just Breathe

As soon as you start to feel anxious, take deep breaths. Breathing from the diaphragm triggers the body's relaxation reflex. Breathe deeply. Hold it for about 4 seconds, exhale for 4 seconds, then repeat.

Realize it's a Mind Trick

People sometimes get severely ill from anxiety, which sometime results in a panic attack. These panic attacks can seem like a heart attack to some, but once you realize that's your mind is playing tricks on you, you should be able to calm down.

Visualize something positive

When you're overcome with anxiety try to visualize something pleasant or a future

goal. Assign your emotions to aspects of your thoughts and let go of them.

Speak Positively About What You're Experiencing.

When you're feeling anxious, people tend to speak very negatively to themselves. Find ways to talk to yourself about your anxiety and assure yourself that you will use coping strategies to handle it

Concentrate on the present

Anxiety normally makes people stress about what may happen instead of focusing on what's happening in the present. Try to concentrate on what you can manage at the moment, so you can better deal with what's going on.

Look forward to something

Thinking about positive future plans can help you divert your attention away from your anxiety.

Listen to Some Music

Music can relax you by decreasing your heart rate and lowering your blood pressure. Any music that you love will flood your brain with feel-good neurochemicals like dopamine.

How to Improve your Looks

Okay, so maybe you wouldn't consider yourself a supermodel, but that doesn't mean that you shouldn't always look your best. Allowing yourself to have a stellar outward appearance will help you to project a better perception of yourself to others, gain more confidence and promote a healthier lifestyle.

Everyone is not born with perfect looks, but the good news is that with a little investment of time and effort on a daily basis, it is possible to look better than you ever have. Here are a few suggestions to improve your looks and feel healthier:

- Keep Up With Basic Hygiene
- Remove unwanted hair
- Get a good night's sleep
- Exercise
- Hydrate
- Eat healthy foods
- Accentuate your best physical assets
- Conceal your flaws
- Practice good posture
- Smile



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