

saturday march 7th, 2026

LIVE WELL

chameleon lounge series

mind/body/soul panel
4:00-4:45

Topic: *The Mind/Body/Soul Connection:
Regulating the nervous system in a
season of stress.*

Your Hosts:



Allie Blaisdell is a hypnotist, energy healer, intuitive, and spiritual mentor. She specializes in hypnotherapy + regression therapy, energy healing, spiritual guidance, and mindfulness meditation.

Melinda Ferreira is a Doctor of Acupuncture, who is fueled by the drive to bring Eastern and Western medicine together to establish a whole-body approach to health and well-being.



Katie Delaney is a health and wellness coach who specializes in helping mothers cope with, and ultimately overcome chronic states of overwhelm that impact their mental and physical health.