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on the cover

Coast Weekend contributor Matt Love seeks to inspire as many people as possible to wear vintage corduroy — even Astoria teenagers.

Submitted photo by Don Frank Photography

See story on Page 12

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Where does wellness begin? Angela Sidlo answers question at Beers to Your Health lecture Nov. 12

ASTORIA — “Where Does Wellness Begin?” That’s the question wellness coach Angela Sidlo will answer 7 p.m. Thursday, Nov. 12 at Astoria Co-op Grocery’s monthly food and wellness lecture series Beers to Your Health at the Fort George Lovell Showroom. Doors open at 6 p.m. for food and drinks (available from the Taproom). The talk lasts about one hour with an opportunity for questions and answers. This is a free community event open to all ages.

Sidlo’s presentation will begin with the concept of primary food and secondary food and focus on soil, organics and how to choose the best way to nourish one’s self to create healthy bodies, families and ultimately healthy communities.

Sidlo has been out and about in the community conducting interviews, getting to the root of wellness. For example, Dr. Jennifer File, a local pediatrician, feels that wellness begins first as a mindset, while farmer Teresa Retzlaff believes wellness begins in the soil. Sidlo will discuss her findings and knowledge at the event.

“I personally believe that wellness begins with awareness: Just the simple act of

being aware of what you put on your plate, what you choose at the grocery store, where you spend your restaurant dollars,” Sidlo said.

Sidlo says food is only one aspect of wellness. Also important are the choices people make when it comes to exercise, such as allocating some of their budget to a gym membership, a tai chi class or a meditation group.

“By raising awareness about wellness we all begin to start making better choices about food, exercise, relationships and all the things that create a healthy mind, body



Submitted photo

Angela Sidlo will give the talk “Where Does Wellness Begin?” Thursday, Nov. 12.

and spirit. It is what I am passionate about and what I love to teach the most,” Sidlo said.

Sidlo is a wellness coach, licensed reflexologist, certified holistic aroma therapist, certified tai chi instructor and Usui Reiki master teacher.

Beers to Your Health

7 p.m. Thursday, Nov. 12
Fort George Lovell Showroom
426 14th St., Astoria
All ages
Free

She owns Waves of Change Wellness Center. Sidlo is also a member of the Astoria Co-op Grocery’s board of directors.

Fort George Lovell Showroom is located at 426 14th St.

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Coast Weekend welcomes comments and contributions from readers. New items for publication consideration must be submitted by 10 a.m. Tuesday, one week and two days before publication.

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