

# *Infinite Light Center*

## *Wellness Sessions Guidelines*

Updated 6/15/21

Infinite Light Center offers in-person and remote Wellness Sessions. We follow CDC guidelines for vaccinated individuals. Read on to learn what to expect when you come in.

Pre-registration is required for all Wellness Sessions. Please book your session ahead of time by contacting Mary at [mriposo@infinitelightcenter.com](mailto:mriposo@infinitelightcenter.com) or call/text 315-416-7270 (mobile).

Face coverings are required for those who are not fully vaccinated, and suggested for those who wish to take extra precautions until the pandemic is over. There is a HEPA filtration system running in the room and we use CDC approved cleaning procedures in between sessions.

If you are unvaccinated and can't wear a mask for any reason, we ask you to take advantage of one of our remote sessions. If you have any symptoms or are not feeling well, please cancel your session as soon as possible.

We appreciate you following these guidelines. If you have any questions or concerns, please don't hesitate to get in touch.

*Mary*

Mary Riposo, PhD, RMT

Infinite Light Center Wellness Program Director

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