



CLASS SCHEDULE

JANUARY / FEBRUARY POST

The Fall class series was a success and thank you to everyone that participated. Learning how to self-heal is the greatest gift that we can give ourselves because it changes so many other aspects of life in such a positive way. Here is the 2012 winter schedule. Have an idea for a class? Let me know and I'll get it on the schedule.

January 18, 2012:

Want to begin making positive life-style changes for you and your family for the New Year but don't know where to begin? In this class we will be sharing ideas and "how to" begin your new journey and change your kitchen into a place of delicious good health. Let's have a round table discussion...ask questions and hear from families that have started the journey from the American diet to whole, natural, clean food.

February 1, 2012:

Feeling bloated, tired and foggy? Come learn about Systemic Yeast Overgrowth. This imbalance can create many symptoms leaving you feel less than your best. Feeling achy or have skin problems that just won't clear up? Learn about this aggressive fungus that plagues millions of people...they just don't know it! We will discuss the protocols and requirements necessary to rebalance your system and empower your immune system to reclaim feeling great!

February 15, 2012:

Vitamins and Minerals 101: Learn the basics about vitamins and minerals. Trying to figure out what nutrients you need to take can feel a bit overwhelming. We will learn about the basics of both water and fat soluble nutrients. This class will help you determine which supplements are best for you and where to begin.

February 29, 2012: **This class is geared for our kids.**



After all, they're the ones being targeted by the food processing companies, so helping them understand what the "hidden" yucky stuff is in commercial food will help them NOT WANT TO EAT IT! Our kids are smart and given the information, it will help them to make better food choices when they're out in the world. PLUS, they can help educate others around them. It's a win-win situation for us all! We will learn about pesticides, aspartame (sugar-free stuff,) margarine and hydrogenated fats, artificial growth hormones, what dyes and colorings are made from and lots of other things in the everyday food supply.

March 7, 2012: Herbs to Enhance Your Digestion

Feeling bloated, experiencing chronic nausea or dealing with heartburn after you eat? Learn how herbs can rebalance your digestive system and enhance your health.

March 21, 2012: Empower your immune system!

Learn how herbs can rebuild your immune system and enhance your well-being.