

Wellness Wheel

How balanced is your wheel? For good health our lives need to be balanced. This class is designed to help you discover where your wheel is out of balanced and to help you to increase your awareness and take control and responsibility of your lifestyle and health. Using a wellness wheel we will teach you how to live a more balanced and healthy life. Get five or more of your friends or co-workers together and schedule a class.

Class is 8 weeks in length-2 hrs once a week.

The course costs \$160 and includes all handouts.

Introduction to the 7 Chakras and Subtle Energies

Did you know that Monday is a lavender day and should eat purple foods and wear purple? What else? Learn what and where the chakras are located and what they can teach us about our health.

This 4-hour class will touch on the subtle energies all around us and how they affect our health

Introduction to Essential Oil Use

This class discuss essential oil safety, quality, care of essential oils and how to use them safely. You will make your own blends while you sample and experience different aromas of essential oils. In class, you will make a respiratory blend, a stress reduction/relaxation blend, massage oil and sun care spritzer.

This course is 4 hours long

An Introduction to Common Herbs and Their Benefits

Astragalus, Bilberry, Chamomile, Dandelion, Echinacea, Garlic, Ginger, Ginkgo, Asian Ginseng to name a few for discussion. How do you use them? Plus benefits and contraindications. This could be designed as a workshop with hands on experience or as a talk.

Lectures and Talks

1-2 hours tailored to fit your time frame and audience: professional or community

Women and Heart Disease

Many women identify breast cancer as the #1 cause of death. NOT TRUE. The #1 cause of death for all American women regardless of ethnicity is heart disease---more than twice that of cancer. This talk is about identifying the risk, prevention and treatment.

Women and Stress

What causes us stress? How does it affect our body, emotions and spirit? What role does cortisol play? Coping and learning to deal with our stress as well as exercises for stress management will be the focus of this talk.

The Role Sleep Plays in Health and Weight

We will discuss causes of sleep disturbances and how they affect health and weight, healthy natural ways to help you rest and sleep better.

Food as Medicine

This talk looks at everyday foods and the effect they have on our body. Foods that heal our inflammation, aches and pains are reviewed. Weeds that can be used as food also will be introduced. Flowers, leaves, stems, seeds and roots can all be eaten depending on the plant.