

Seminar Series

The Mechanics of Womanhood In this seminar, our experts will discuss common female disorders and non-invasive treatments for conditions such as: pelvic floor weakness, urinary incontinence, pregnancy, osteoporosis and fibromyalgia.

Presenters: Keystone Rehabilitation, Blairsville Tuesday, May 3, 2011 6-8 PM Cost \$10.00

Finance 101 This is an absolute must for every woman. Learn definitions and comparisons concerning insurance, investments, retirement and more. Women will leave with a packet of worksheets that will help them better understand their financial situation and help them make informed decisions.

Presenter: Jennifer L. Hoffman, ChFC Tuesday, May 17, 2011 6-8 PM This is a **FREE** event!

Healthy Cooking for Fido Do you have concerns about the ingredients in your dog's food? Instead of worrying, become a Dog Food Chef! Learn easy ways to prepare healthy meals for your canine companion. Join us and meet Sonia!

Presenter: Tracy Lassiter Thursday, May 19, 2011 6-8 PM This is a **FREE** event!

Self Defense 101 This seminar is designed to teach women to how to stay out of or get out of a bad situation. This is a must for all women! Learn to protect yourself and your family.

Presenter: Wendy McGinnis Monday, May 23, 2011 6-8 PM This is a **FREE** event!

Spring Cleaning: Get Organized! Feeling a little frazzled, unorganized or overwhelmed? Come hear the suggestions and ideas of a professional organizer! Calling all women who want to simplify and overcome the clutter!

Presenter: Organizing by Amy Tuesday, June 14, 2011 6-8 PM Cost \$10.00

From Fizzle to Sizzle: Reawakening Passion Learn how to blow your embers into flames igniting purpose, love and courage to be the woman you were meant to be. Reignite your passion for life, love, family and career!

Presenter: Leona Logan, CNM Wednesday, June 22, 2011 6-8 PM Cost \$10.00

The Collective Cooks – Healthy Around the World...

My Big Fat Greek Dinner A cooking demonstration and tasting with a healthy twist on Greek food. Menu: Greek Salad with homemade olive oil dressing, vegetarian dolmas with yogurt and honey-fruit dessert. Beverage: Wine

Presenter: Kendra Fairman Thursday, May 5, 2011 6-8 PM Cost \$15.00

Moroccan Spice Trail A cooking demonstration and tasting straight from the markets of Marrakesh! Menu: Chicken and Vegetable Tagine, couscous, and fruits. Beverage: Moroccan Mint Tea

Presenter: Kendra Fairman Thursday, June 2, 2011 6-8 PM Cost \$15.00

Turning Japanese A cooking demonstration and tasting with a healthy twist on Japanese food. Menu: Edamame Salad with gomishio, vegetarian sushi and green tea dessert. Beverage: Saki

Presenter: Marilyn Phillippi Thursday, June 16, 2011 6-8 PM Cost \$15.00

Jamaican Me Crazy A cooking demonstration and tasting featuring island cuisine. Menu: Grilled jerk chicken, rice and peas, plantain dessert. Beverage: Island Rum Drinks.

Presenter: Kendra Fairman Thursday, June 23, 2011 6-8 PM Cost \$15.00

Saturday Crafternoon Tea – Saturdays from 1-4 PM Join us for a short presentation, hands-on craft, tea and fun! Cost: \$10.00 per class

What's Old is New Again In this hands-on class, we will be turning an old book into a beautiful blank canvas for creative writing, journaling or whatever! Also, we will be harnessing our divine feminine to create small muse dolls. This is a perfect prelude to **Tell Your Story**. Material list provided with registration.

Presenter: Marilyn Phillippi

May 7, 2011

Tell Your Story Yes, every woman has a story to tell. Learn to unlock and affirm your creative muse with introductory writing exercises and techniques. If you think you are not creative, this class is for you! Come join us to get started on finding a creative outlet.

Presenter: Chauna Craig

May 14, 2011

Spring Garden Party! Our gardening expert will walk us through the basics of organic gardening, composting and companion planting. Weather permitting; this class will be outside in the garden!

Presenter: Karin Eller

June 4, 2011

Folk Art Painting Anyone can learn to paint folk art. Please bring a clean object: wood, glass, porcelain, fabric, ceramic and pottery, or tin to paint. Paints and brushes are provided. Material fee \$10 (includes patterns and brushes to take home.)

Presenter: Dianna Messenger

June 18, 2011

Please check our website for changes, cancellations or the addition of special events.



NATURAL HEALTH COLLECTIVE

All classes have limited seating, so register early!

To register for any event, please call 724.762.4869

OR do everything online at

[www.WiseWomenNaturalHealth.com!](http://www.WiseWomenNaturalHealth.com)

Bring your mother, daughters, sisters and friends!

*** 5091 Rte. 119 Hwy S., Homer City PA 15748 ***

YOGA CLASSES!

REJUVENATE: This is a faster pace class covering both sitting and standing postures, ending in a short meditation. Beginners are welcome, we recommend that you know your physical limits. **Monday 5:45-6:45 PM** (Please check full schedule, some Wednesday classes due to holidays)

RESTORE: This class is an all-seated class. We will concentrate on slow, restorative postures and provide a longer meditation. This class is suitable for all fitness levels and abilities. **Monday 7-8 PM** (Please check full schedule, some Wednesday classes due to holidays)

RELAX: In this laid back class we will do seated and standing postures and provide a short meditation. We laugh, joke, have fun and ignore the rules! This class is suitable for all levels. **Saturday 10-11 AM**

Classes run from 4/18 through 6/25.

Fees: Single Class Pass \$10

5 Class Pass \$40

8 Class Pass \$65

YOUR FIRST CLASS IS FREE!

(For new participants only.)



Our goal is to provide a safe, intimate and relaxed space for women to practice yoga and do something great for themselves!

Yoga is life-changing, join us!