

Seminar Series: Tuesdays 6-8 PM, Members \$15, Non-members \$20

Why Can't I Lose the Weight? In this seminar, we will examine several barriers to weight loss that women face; including endocrine disorders, blood sugar disturbances, digestive problems and more. Women will receive real solutions, dietary advice and FIVE EASY things you must do to lose the weight. Presenter: Dr. Kendra Fairman **January 18, 2011**

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. Presenter: Leona Logan, CNM **January 25, 2011**

Turn Your Passion into a Business! Do you ever dream of leaving the rat race to pursue your dream? Have a hobby that would provide "that little extra income?" Come on out and hear the story of a woman who made her dream come true. You can do it too! Presenter: Donna Graham **February 15, 2011**

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 **Free Members Only Event Monday, February 21, 2011**

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 **Free Members Only Event March 8, 2011**

Keep Your Chemicals Off My Hormones! In this seminar women will learn which chemicals are most dangerous to female hormones. We will discuss hormone disruptors, their link to reproductive and breast cancer and the easy ways to avoid them. You don't want to miss this one! Presenter: Dr. Kendra Fairman **March 15, 2011**

It's Time to Reinvent Yourself! Have you thought of furthering your education, but are afraid or not sure where to start? This seminar is for aspiring non-traditional students and will discuss the process of enrolling in an educational program, funding, surviving in a classroom of traditional students, combining school and home responsibilities and even some encouragement from a single mother who made it happen! Presenter: Donna Graham **March 22, 2011**

The Collective Cooks – Thursdays 6-8 PM, Members \$15, Non-Members \$20 Instructor: Bethany Campbell

Healthy – The Quick and Easy Way! In this demonstration we will discuss easy solutions for healthy cooking. This is perfect for the on-the-go woman who thinks she doesn't have time to *do* healthy. Let us prove you wrong! We will concentrate on make-aheads, multi-use foods and well balanced meals. **January 20, 2011**

Healthy Brown Baggin-it! The demonstration will help you pack lunches that your family will love and you can be happy about. We will concentrate on make-aheads, kid-friendly foods and meals that will break the fast food habit. **February 3, 2011**

Cooking for One or Two Looking to cook fast, easy meals for one? This demonstration will help you do just that. No more snacking all day, learn to eat healthy for YOU! **February 17, 2011**

I'm Free! (Gluten Free) Do you have someone in your family that is on a gluten-free diet or are you just up for a healthy challenge? Come learn about gluten, symptoms, dietary options and more! **March 3, 2011**

Wine and Cheese Come out for a wine and cheese tasting event! Walnut Hill Winery will be teaching us how to 'taste' wine, while we try different cheeses and vote on our favorite pairings. **March 17, 2011**

Crouching Carrot, Hidden Broccoli Learn how to trick your kids (and maybe even your husband) into eating their vegetables! In this demonstration, we will concentrate on kid-friendly menus with a healthy twist! **March 31, 2011**

YOGA CLASSES!

Schedule:

Monday 5:30 All Levels Yoga
Wednesday 6:45 All Levels Yoga
Saturday: 9:00 Gentle Yoga
10:15 Beginner's Yoga

(Additional classes may be offered if there is need.)

Classes start Jan. 15th and run through Mar. 30th.

Fees: Single Class Pass \$10
5 Class Pass \$40
10 Class Pass \$75

Gentle Yoga for Everyone

This class is designed to accommodate anyone interested in enjoying the benefits of yoga despite age, fitness level, weight, injury, pain or fear. Yoga is for everyone! Learn basic yoga poses, modifications, breathing and relaxation meditation. Gentle Yoga is done while seated.

Beginner's Yoga

This class is suitable for those with little or no yoga experience. If you are able to stand and get up and down from the floor, this class is for you. Learn the fundamentals of yoga alignment, movement, breath and relaxation meditation.

All Levels Yoga

This class is open to any student. This class does work on a faster pace than Beginner's Yoga. Focus will be on exploring postures, alignment, breath and will end with a relaxing meditation

Guided Meditation

This class is a relaxing and healing meditation class. Students relax in a comfortable position while being guided to visualize health and tension release. This class is open to all students, regardless of ability. DATES: January 27th, February 24th and March 24th at 6 PM.

**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!**

Membership not required for Yoga Classes.

Saturday Crafternoon Tea – Saturdays from 1-4 PM Join us for a

short presentation, hands-on craft, tea and fun! Members FREE, Non-Members \$ 10

The Knits and Bolts: Learn to Knit! Have you ever wondered how to make a beautiful knitted scarf or baby blanket? Now is your chance to learn. Our knitting instructor will walk you through the fun and rewarding process of knitting, including history, choosing the right yarn and needles and the skills needed to create a simple scarf. All levels of knitters welcome to share their projects! Material list provided upon registration. Presenter: Marilyn Phillippi **January 22, 2011**

It IS Easy Being Green: Make Your Own Body Care Products! Concerned about the ingredients and chemicals in everyday body products? Interested in making your own safely and economically for you and your family? Join us for demonstrations on making soap, lotions, deodorant, hair products and more! Take home recipes and samples. Material fee: \$5.00 (due at the door) Presenter: Dr. Kendra Fairman **February 5, 2011**

It IS Easy Being Green: Make Your Own GREEN Cleaners! If you are concerned about the potential toxins in everyday cleaners, you can make your own. Economical and safe, homemade green cleaners work great. Learn how the addition of common herbs can make a powerful cleanser. Bring two, two-cup containers to take home samples! Material fee: \$5.00 (due at the door) Presenter: Cindy Rogers **February 12, 2011**

I ♥ Upcycling: PAPER! Definition: Upcycling is "The practice of taking something that is disposable and transforming it into something of greater use and value." Learn about different paper products made from waste paper you probably already have in your home! In this hands-on class we will be making gift boxes, cards and more! Paper will be provided, or bring something special of your own. Material fee: \$3 (due at the door) Presenter: Dianna Messenger **February 26, 2011**

I ♥ Upcycling: FABRICS! Definition: Upcycling is "The practice of taking something that is disposable and transforming it into something of greater use and value." In this class we will discuss exciting upcycling projects made from old clothes and fabrics and make a market-bag out of an old t-shirt. Please bring a few favorite old t-shirts and a pair of scissors. Other materials provided. No special skills required. Presenter: Marilyn Phillippi **March 5, 2011**

Oh Baby: Make Your Own Baby Sling! In this class, our baby-wearing expert will show you several types of baby slings, proper (safe) use and offer a quick tutorial on how to make them yourself. Not crafty? No problem, slings and wraps will be available for purchase! Material list provided upon registration. Presenter: Stephanie Cribbs **March 19, 2011**

The following dates are "OPEN CRAFT, " same time, just bring your own craft to work on and share with others! January 15 & 29. February 19. March 12 & 26.

All classes have limited seating, so register early!

**To become a member or register for any event, please call
724.762.4869 OR do everything online at
www.WiseWomenNaturalHealth.com!**

Bring your mother, daughters, sisters and friends!

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