

# Dates To Remember:

Call (623) 583-2286 to pre-register.

*Note: Classes may cancel if there is insufficient advance registration.*

**Tuesday, July 8 – 6:30 pm**

## **Mastering the Use of a Pendulum**

This can be a helpful tool in determining what the body needs to bring about balance and harmony. Come learn the basics of using the pendulum to maximize the accuracy and usefulness of this ancient intuitive tool.

**Tuesday, July 22 – 6:00 pm**

## **CranioSacral & Lymphatic Drainage Therapies – How Can They Help You?**

Both of these therapies are gentle, non-invasive methods to bring about better immune health, general healing and relaxation. Andy McDonald is a local therapist specially trained in these two modalities & her hands-on demonstration will help you decide how these therapies can help you!

**NO CLASSES IN AUGUST**

**Tuesday, September 9 – 6:30 pm**

## **Raise Healthy Children into Healthy Adults and keep them drug-free**

Don't accept colds, flu, ear infections & learning problems as "normal"—children respond very well and quickly to the use of nutrition for those common ailments. If you want to raise your children without drugs, be sure to come to this class. *At this class, all "children's" products will be 20% off!*

**Tuesday, September 23 – 6:30 pm**

## **Fight the Yeastie Beasties – and WIN!**

Do you feel lousy, but no one can tell you why? Candida Albicans is a common problem for men, women and children in America because of our sugar and antibiotic overuse. This class will teach you how to be free from this plague and all its related symptoms, permanently. *At this class, all "acceptable" sweeteners will be 20% off!*