



# AMARANTH

Health & Wellness Centre

378, 5222 130<sup>th</sup> Ave SE, Calgary



## “Words on Wellness”

### FEBRUARY

Tues, Feb 21<sup>st</sup>  
7:00-8:30pm

#### Learn How to Massage Your Baby (or child!)

Presented by:  
**Dawn Beaulieu, RMT**

Learn how important caring touch can be for your infant/toddler and discover a new way to bond with your child. You will learn new techniques on how to do a proper massage that can help ease common discomforts and help baby sleep longer.

Alleviating some tightness due to position in the womb, positive body image, easing sinus congestion and digestion issues are just a few of the many benefits. Parents and child will enjoy this hands on instruction that they can practice every day to promote relaxation for the whole family. Both parents are more than welcome!

### MARCH

Sun, Mar 4<sup>th</sup>  
1:00 -2:30pm

#### The Importance of a Healthy Acid/Alkaline Balance

Presented by:  
**Dr Lisa Weleschuk, TCMD, R.Ac**

An acidic body environment is extremely common in North America due to a prevalent acidic diet and high stress levels.

Discover how acidity directly impacts bone health, inflammation, weight, the immune system, heart health, stress hormones, and your skin, and learn how to test and balance your own pH levels.

### MAY

Mon, May 7<sup>th</sup>  
7:00-8:30pm

#### Road Bumps to Weight Loss

Presented by:  
**Dr Joe Klassen, ND**

A common dilemma for those trying their best to maintain a healthy weight and fitness level is where to look when your efforts don't get the results you would expect.

Dr. Klassen will show how three common issues can prevent you from reaching your goals. These include female & thyroid hormones, food allergies and environmental pollutants. We will cover how to identify these issues, and how to use food and nutrition to get you back on track.

**Register by calling Amaranth Health & Wellness Centre at 403-253-2711**

•\$20 per class (payment due at time of registration)

- You will receive a \$10 gift card to use in the store and \$10 will be donated to “Made by Momma”
- All classes are held at Amaranth Health & Wellness, 378 5222 130<sup>th</sup> Ave SE (across from RBC)

Questions? Contact Amy at [events.arb@amaranthfoods.ca](mailto:events.arb@amaranthfoods.ca) or 403-510-0604

