

October Class Schedule

Yo-Pi For Health (Yoga and Pilates)

Thursday, October 15, 2009

6:30p.m. - 7:30p.m.

St. Clair Location

Fee - \$50.00



Join us for a 6-week session Yo-Pi class that meets on Thursday evenings. Yo-Pi is a mixture of the balance and relaxation of Yoga with the core strengthening of Pilates. This class has been very popular and it fills quickly. Please call or stop by the store today to sign-up!

Aromatherapy 101

Tuesday, October 6, 2009

6:30p.m. - 7:30p.m.

St. Clair Location

Fee - \$35.00



Lynn Placek, HTCP, HTCI, Aromatherapist with Heart and Holistic Health will be here to discuss the art and science of Aromatherapy. If you are new to this area of natural health or have questions, this class is for you. Explore the world of essential oils and how they can make an impact on your health and well-being. *Don't miss this class!* Space is limited, this class will fill quickly. Please call or email to sign-up for this class.

FREE Wellness Presentation

Thursday, October 29, 2009

6:30p.m. - 7:30p.m.

WASHINGTON LOCATION

Learn how food can be thy medicine. Whole Food Supplements and Nutrition is the most effective and efficient way to get the vitamins, nutrients and minerals our bodies need. Join us for this informative discussion.



Ion Foot Cleanses

Now Available in Washington

30 minutes

Only \$35.00

**Whole Body Detox
thru your Feet!**



**Make your appointment
today!**



FAR Infrared Sauna

Layaway Program

4-Months

\$271.08 a month

See Stores for Details!

Classroom for Rent

Our classroom area at our St. Clair location is available for rent for your meeting or event. **Call 636-629-7776 for details.**



*Total Whole
Food
Nutrition*

**Now Available at both
location!**

If there was a way to increase bodily energy, lose weight, decrease stress, detoxify the body and purify the skin while elevating the immune system to fight off everything from the common cold, asthma, and bronchitis to serious life threatening illnesses such as cancer, what could that be worth?

What if a person had to do to receive such benefits was relax and sit down for 15 to 30 minutes a day 3 or 4 times a week listening to their choice of music or watching a good movie - now what would that be worth?

Get your

FAR Infrared Sauna Today!

YOUR AD HERE

We are now offering advertisement opportunities in our newsletter.

If your target market is over 1200 Natural Health customers, our newsletter is for you!

Please contact Tracie at 636-629-7776

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Manage Stress . Fears . Pain . Weight**

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**Joan Nolting, CH EFT Practitioner
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