

Natural Healing Express Weekly

Column Volume 120 Upcoming Class Schedule

Alrighty everyone, here we go again with our classes. Beginning in February, we will offer an 8 week Wellness course. During past classes, we have focused primarily on weight loss. This time, we will again work with folks regarding their weight, yet add another component which is assisting with health improvement.

This means, even if you are at a healthy weight, yet have issues with diabetes, cholesterol, pain, arthritis and the like, this class is for you. If you would like assistance with both weight loss and health concerns, this is definitely the class for you.

We are scheduled to begin this 8 week course on Tuesday February 18th. Our start time is 6:15pm and we plan to be complete by 8pm each week. Wednesdays will be utilized as make-up class night so if you miss a Tuesday, you can come on Wednesdays and get caught up.

This Wellness class will include a plan for your personal health goals along with specific calculations for your dietary needs. The class will teach Bio-Individuality (your unique requirements for wellness), nutrition, fitness, and include ongoing nutritional analysis. We will discuss the use of supplements and for those of you wanting to lose weight; we will offer Detox plans.

The unique feature of this Wellness class is that you will be given individual support, small group support and of course class support. We have found this element to be critical to long term success.

If you want to meet with former members of our classes and discuss their successes, we are continuing to host an Open Class night beginning at 6:15pm every Wednesday. Open class night is free to attend.

We will have an additional information sheet available beginning Friday, January 24th. You can pick one up at the store and of course we will discuss more in next week's column here in the Flash. You may also send email requests to skscham@aol.com or check out our Facebook Page for more info.

The Upcoming Wellness Class will be limited to 20 members. Cost of the class is \$100.00 for the 8 weeks. Supplements, Detoxes and meals will be an additional, yet nominal, cost. This class will fill up quickly. If you have any interest at all, please call or email and get on the pre-registration list to be called first. You can do this at any time starting today.

Registration will begin on January 29th and the first 20 paid members get the seats. We will not be adding any members after the class is full. In the past I have been lenient regarding this, but I am tightening up on this rule. If you want to make a difference in your health, it only takes a moment to make a phone call or send an email to pre-register. Don't miss the opportunity.

I promise you will not regret it. You will be treated with dignity and respect in a confidential manner. Like Home Depot, you can DO THIS and we can help. You are never too old to learn. We will have some laughs, you will feel better and I can assure you, you will learn a lot.

We will host a pre class meeting on Tuesday, February 11th where class packets will be distributed. This gives everyone a week to go over the contents. Call us now if you would like to Pre-register.

Here's a recap of the dates:

Today-January 29th – Pre-Registration

January 25th – Additional Info Sheet Available

January 29th – Registration (Pre-registered Members get First Priority)

February 11th - Pre-Class Meeting at 6:15 pm

February 18th – Class Begins

If Tuesday or Wednesday absolutely does not work for you, but you are still interested in the class, please let us know during Pre-Registration. We will CONSIDER an alternate day of the week class.

Challenge yourself. With today's staggering health care costs, it's time to take your health into your own hands!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com

Facebook: Natural Healing Express