

Natural Healing Express Weekly

Column Volume 19 Weigh Loss Pre Class Considerations Part One

If you caught last week's column you already know that we are going to begin a weight loss class. Here are more details. Our "in-house" class will consist of 20 members. This class will be closed and sacred meaning what happens in the class stays in the class for privacy, Hippa and a whole host of other attorney and conscious related reasons. However, with that said, the FORMAT of the class will be discussed here in the column with sprinkles of information regarding other topics. That way, even if you are not able to attend the class in person, you will be able to follow along with the class as if you were from the comfort of your own home or office via this column. And, guess what, that part is free.

Here's the skinny. We will commence on Wednesday, February 8th for 8 consecutive weeks. The class will meet at the Natural Whole Life Institute located at the Natural Healing Express in Lena from 6:00pm to 7:15pm. The first ten to fifteen minutes of class will be greetings, OPTIONAL weigh ins and information pick up, so if you can't make it until 6:15pm, don't NOT take the class, we'll work with you.

Again, for this first class, we will keep class size to 20 members. The class will be co-facilitated by Rev Brian LeBaron of Lena and yours truly. We will be mindful of the Whole Life Principle which encompasses the following aspects: Behavior, Physical, Intellectual, Emotional and Spiritual. Before this even BECOMES an issue, please note, this is NOT a Religious based class, however spiritual elements are recognized and will be done with a non-denominational approach. I can't apologize for my personal Christian based attitude but I will not allow judgment of others for their beliefs here. We are about healing, not hurting. So, with much gratitude, we are pleased Rev Brian, also a licensed counselor, will be able to assist. We are lucky to have such a talented and open minded gentleman.

The class involves a few elements. Firstly, we will be utilizing two sets of supplements. Supplement cost is \$50.00 for the entire eight weeks. This is pretty minor considering what you will receive. If you are not attending the class, you can purchase your supplements at the Lena location. If you are attending in person there is an additional per session class fee of \$5; yes five bucks payable at the door.

Both Rev Brian and I are donating our time and expertise for this first class, so the door money will be utilized to cook a recipe or two from the Eat Clean Diet by Tosca Reno which will be served at the class. If you are following along at home or the office, maybe you can pool your extended family members or office mates and do the same, or hire us to do it for you. Whatever, however, let's just do this.

If money is tight, and when isn't it? We will work with you, but within reason. And yes, I need a handyman and graphic artist, but my cat's been washed already.

As of this writing, we are not full but do have several people signed up. We are also taking a waiting list, so please call as soon as you decide. If you are serious about your health and do need to lose a few pounds this is the class for you. Also, please note we did decide to wait until AFTER Super Bowl weekend to commence.

As always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: Susan@naturalhealingexpress.com 204 W Main St, Lena, IL 61048.

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