

LIGHT A CANDLE FOR HEALTH

FRIDAY OCT 17	SATURDAY OCT 18	SUNDAY OCT 19
<p>3:00pm-5:00pm Workshop: Becoming Your own Healer: Part One Instructor: Anna Neff, Ph.D. Suggested donation: \$50 (part 1 & 2) or \$30 single class fee</p>	<p>3:30-4:00pm Class: Reflexology - Tuning Your Body into Harmony Instructor: Debra Bernath Suggested donation: \$15</p>	<p>2:00-2:30pm Class: Reflexology and Breast Health Instructor: Debra Bernath Suggested donation: \$15</p>
<p>5:00pm-5:30pm Class: Laughter is the Sound of the Heart Instructor: Lynda Rountree Suggested donation: \$10</p>	<p>4:00pm-5:30pm Workshop: Breast Cancer: Causes Uncovered-- Chinese Medicine Gets to the Root Instructor: Jason Neff, LAc. Suggested donation: \$30</p>	<p>2:30-3:00 Class: Wellness through Breath and Food Instructor: Madalina Blanton Suggested donation: \$15</p>
<p>6:00pm- 7:00pm Workshop: Mindful Eating for a Healthier Body (Dinner Included RSVP required by 10/15/08 Spaces are limited. RSVP via email nurturehealth@gmail.com and include full name and phone#) Required donation: \$15</p>	<p>7:00pm-8:00pm <i>Light a Candle for Health</i> With Anna Winkler and Anna Neff Suggested donation: \$5/candle</p>	<p>4:00pm-4:30pm Class: Qigong Energy Movements for Breast Health Instructor: Anna Neff, PhD Suggested donation: \$15</p>
<p>7:30pm-8:30pm Lecture: <i>Letting Go of Stress</i> Speakers: Jason Neff, LAc Suggested donation: \$25</p>	<p>8:00-9:00pm <i>Celebrate Your Health- Journey Dance Class</i> with special guest teacher Ann Biddle</p>	<p>4:30-5:30pm Workshop: Becoming Your Own Healer Part 2- Creating a Self-Action Plan Instructor: Anna Neff, Ph.D. Suggested donation: \$50 (part 1 & 2) or \$30 single class fee</p>
<p>8:30pm Closing Day One <i>Guided Meditation for Peace and Health</i></p>	<p>9:00pm Closing Day Two <i>Guided Meditation for Peace and Health</i></p>	<p>6:00pm-8:00pm Location: Sona Fine Indian Cuisine Practicing Prosperity Dinner Including Free Educational Seminar: Creating Physical and Fiscal Wellness: From Energy to Matter... Please RSVP by Oct 15 to nurturehealth@gmail.com seats are limited. Suggested dinner donation: \$20</p>

BREAST CANCER PREVENTION FUNDRAISER

OCT 17-19,2008