




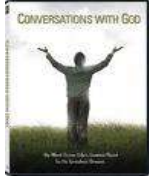


Holistic Education Center Workshops for February 2010

12 Murphy Drive Nashua, NH 03062







603-883-1490

www.thehsccenter.com




Pre-registration required

<p>Begins Tuesday February 2nd 10:30 - 11:15 am</p>		<p>My Smart Hands with Olivia Hohm</p>	<p>Imagine communicating with your baby before he or she can even speak. Baby Sign Language reduces frustration, accelerates verbal development and strengthens cognitive skills. In a playful, educational, and language-rich environment, caregivers and children will build their American Sign Language (ASL) vocabulary through instruction and interactive games and songs. Classes are 45 minutes in length. \$50 for one adult and child, \$10 each additional person.</p>
<p>Wednesday February 3rd 7:00 PM</p>		<p>Protect your Health with Gary Domurad</p>	<p>How can I prevent disease and illness for me and my family? Learn how to create an environment that will support healthy choices, like improve sleep, reduce stress, and enhance quality of life. Learn about Magnetic and Far-Infrared Technologies. No Cost</p>
<p>Thursday February 4th 7:00 PM</p>		<p>Free Up Space for Love with Cheri Valentine</p>	<p>We are going to Free Up Energy and Space to Let Love Win! This will be a gathering you do not want to miss. Meet new people. Celebrate being Single. Affirm your readiness for love. Create a Vision for 2010 that includes positive relating, dating, and mating - if you think you are ready! Be ready for some radical changes coming your way if you are serious about allowing love into your life! Cost \$5.00 per person.</p>
<p>Friday February 5th 6:30 - 9:00 pm</p>		<p>Conversations with God Movie and Discussion</p>	<p>So my question to you is, have you even been down on your luck? Lost a job, can't fix your car, don't have the money to buy groceries or anything like that. This movie is real. It makes you think. It makes you want to be a better person. If you are ready for a change but you just can't put your finger on it, or know your being called to do something great but can't define it yet then come, watch the movie and be part of a life changing experience. Class fee \$12, GM or SHIP fee is \$10. Meetup members fee is \$10.</p>
<p>Monday February 8th 6:00 - 8:00 pm</p>		<p>Southern NH Gluten Intolerance Association</p>	<p>Join the Southern New Hampshire Gluten Intolerance Association for a potluck supper! To ensure a variety of foods at the potluck, please bring a dish that falls under your last name as follows: A-I Appetizer/Salad, J-S Main Dish, T-Z Dessert. Please bring the recipe along with the dish. RSVP to 603-785-6287 with your name, phone number, and number of people attending or call the HSC Center for more details.</p>
<p>Wednesday February 10th 7:00-8:30 pm</p>		<p>Eating Smart for a Health Heart with Michelle Provencher</p>	<p>Heart disease is one of the deadliest ailments in the United States and one of the most prevalent today. Learn recommended nutritional strategies and how to incorporate them into your daily life. Whether you currently have heart disease or just have a family history of it, you will benefit from what you learn in this workshop. Vitamin and mineral depletions resulting from prescription medications will also be discussed. The time is right to eat "smart" for a healthy heart. The class fee \$12, GM or SHP fee is \$10. Meetup members fee is \$10.</p>

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<p>Friday February 12th 6:00-10:00 pm</p>		<p>An Affair to Remember Couples Valentine Date Night</p>	<p>Please join us for an evening of eating, dancing (Zumba) and massage for you and your partner. You will begin the evening as Chef Kay takes you on a cooking date. From there you will join the ZUMBA dance party where you will connect with each other and the music. To end the evening you will receive instruction on basic massage techniques that you can use at home. The cost for the entire evening is \$100.00 per couple. Please contact the center for additional information.</p>
<p>Monday February 15th 6:45-9:00 pm</p>		<p>Focus Wheels with Barb Tremlett</p>	<p>We all have times periodically when we have too much to get done and not enough time to get it all done in. So how do we get focused on it? Come tonight to learn how to create a focus wheel. The goal is to learn a technique to move us in to less resistance and to create more clarity in what we want to achieve in life. Class fee \$12, GM or SHP fee is \$10. Meetup members fee is \$10.</p>
<p>Begins Tuesday February 16th 10:00am or Wednesday February 17th 6:00 pm</p>		<p>Support Group The Journey through Grief with Donna Murphy</p>	<p>The death of someone loved changes our lives forever. If we are to heal from this loss, we cannot avoid our grief. We must journey through it. We all grieve when someone we love dies, but if we are to heal, we must also mourn. Please join us for this 12 week course that will introduce you to the tools and techniques to aid in the healing of your emotional and physical pain. The 12 week course fee for all students is \$100 or \$12 per class, GM or SHP \$10 per class. Pre-registration is required.</p>
<p>Begins Thursday February 18th 6:00 pm or Friday February 19th 10:00 am</p>		<p>Death Our Portal to Life with Donna Murphy</p>	<p>Death is a topic most people prefer to ignore, evade and deny, but the fact is that death is inevitable. It sets a limit on our time in this life, urging us to live each day productively. It is an invisible, but friendly, companion on your life's journey that gently reminds you not to procrastinate about your heart's desires. We must learn to live life to it's fullest and never be content to simply pass through. Join this discussion group to delve deeper into your understanding of death and find what you need to live your life to it's fullest. The 12 week course fee for all students is \$100 or \$12 per class, GM or SHP \$10 per class. Pre-registration required.</p>
<p>Wednesday February 17 7:00-8:00 pm</p>		<p>Sugar Rollercoaster with Tina Sullivan</p>	<p>Are you ready to get off of the "Sugar Rollercoaster ?" Do you find yourself hunting for just "one more cookie" or another cup of Starbucks coffee with a little whipped cream on top? Would you like to gain control <u>WITHOUT</u> feeling deprived? I'll teach you why eating just a little sugar causes your body to crave more. We'll discuss why you may be experiencing fatigue, mood swings and headaches – just because you are enjoying too much sugar! Class fee \$10.</p>
<p>Thursday February 18th 6:30-8:30 pm</p>		<p>Health Seminar Detox Program with Kristen Robitaille</p>	<p>Is it time for that detox you have been wanting to do? Well then step into the Center tonight and learn what the benefits will be. You will be amazed at how well your body will run when it is properly taken care of...6:30-7:00 Check in, Seminar starts promptly at 7 to 8:15. Questions/ Detox Clinic Signups 8:15-9:00. Speaker Kristen Robitaille will teach about the body and the way to maintain its health. Learn about detoxification and the many benefits. Charge \$5.00 per person.</p>

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<p>Sunday February 21st Doors Open 4:30 pm (close at 5:15) Program 5:00 - 6:30 pm</p>		<p>Oneness Blessing</p>	<p>Share in a group meditation of Chakra Dhyana with the Oneness Blessing, which is the transfer of intelligent sacred energy which causes the heart to flower, heals relationships, quiets the constant chatter of the mind, opens the door to higher states of awareness and initiates a process of permanent awakening into Oneness where there is no longer a sense of separation and personal suffering. All that remains is causeless love, joy and peace in the present moment. Donation requested \$7</p>
<p>Monday February 22nd 6:00 - 7:00 pm</p>		<p>Reiki Circle</p>	<p>Have you even wanted to know more about Reiki or know about it but do not have a place to practice it? Well here is your chance. Reiki providers of all levels and beginners will play together in Reiki in this evening event. Hands on work and discussion. Class cost is a donation of \$5.00</p>
<p>Thursday February 25th 7:00-8:00 pm</p>		<p>Group Meditation</p>	<p>Meditation is known to have many health benefits. It lowers blood pressure, decreases anxiety, relieves muscle tension, rejuvenates the organs and much more. Meditation is a mental vacation that provides you with an oasis of silent, inner peace and an over all sense of well-being. Please join us this evening as Lee teaches you the fine art of meditation. Class fee \$12, GM or SHP fee is \$10.</p>

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