

Holistic Education Center Workshops for July 2010







12 Murphy Drive Nashua, NH 03062

603-883-1490

www.thehscenter.com

Pre-registration required

The Center will be closed from Thursday, July 1st to Wednesday, July 7th
Have a wonderful 4th of July!

<p>Saturday July 10th 10:00 - 11:00 am</p>		<p>ZUMBA</p>	<p>Come and join the party at our first Summer ZUMBA class. Our new instructor, Brenda Nadolny will be teaching us about ZUMBA. She will go over all the moves. If you don't know or haven't heard of ZUMBA - please be sure to join us for this FREE class. ZUMBA combines high energy Latin and International music with unique moves and combinations that allow you to dance away your worries. ZUMBA is not only great for the body, but is also great for the mind. Please wear comfortable clothing and the best shoes to wear are court shoes or "aerobic" shoes. Your shoes should not have a lot of tread on the bottom and are meant for medial/lateral/twisting motion. No Cost</p>
<p>Tuesday July 13th 6:30 - 8:00 pm</p>		<p>Keys to Your Health Seminar</p>	<p>The health seminar this evening will cover topics on how to purify the air you breath with 0% emission, how to protect your drinking water, how to increase your health and well-being by drinking "living water" and how to reduce toxins in personal care products and why. No Cost.</p>
<p>Wednesday July 14th 6:45 - 9:00 pm</p>		<p>Positive Thinkers League Movie and Discussion</p>	<p>We will be viewing <i>Pay it Forward this evening</i>. We are learning so quickly in our programs. We want to use modern movies to assist in providing the message. When we pay it forward we create good will and we bring more positive into our lives. Creating a chain reaction of good is a goal for many. Join us for this movie that shows how this attitude will change many lives. Class fee \$12, GM or SHP fee is \$10. Meetup members fee is \$10.</p>
<p>Tuesday July 20th 6:45 - 9:00 pm</p>		<p>Positive Thinkers League: How to Get Into the Vortex of Possibilities</p>	<p>Rather than focusing on the reason things aren't working, we need to focus on the positive things we are planning on having and allowing for our future. We will talk about how to create a vortex of good stuff. How to energetically create a visual and how to use it as a tool to keep you going in the right direction? Bring with you pictures, music, writings or other items that creates positive movement in your life. Class fee \$12, GM or SHP fee is \$10. Meetup members fee is \$10.</p>
<p>Wednesday July 21st 6:30 - 8:00 pm</p>		<p>Keys to Your Health Seminar</p>	<p>The health seminar this evening will cover topics on how to easily supplement your nutrition with organic, whole foods and why. How to enjoy a restful and restorative sleep that reduces stress and fatigue while promoting relaxation and rejuvenation. Plus a review of why to reduce toxins in personal care products. No Cost.</p>
<p>Thursday's July 22 & 29 August 5 & 12 6:30 - 7:30 pm</p>		<p>Self Defense Practice</p>	<p>Practice, practice, practice!!! As you learn the mental and physical ways to defend your self you need to practice it. Like with any other thing you learn, it is important to go over your materials until you can do it naturally. Work with your instructor over this 4 week session to build your confidence so that it becomes natural! You can attend one class or all four. Fee is \$12.00 per class or \$10 per class for SHP and GM. Fee for the 4 sessions will be \$40.00. Instructor - Tim Bielby</p>
<p>Tuesday July 27th 6:30 - 8:00 pm</p>		<p>Keys to Your Health Seminar</p>	<p>The health seminar this evening will cover topics on how to prevent disease and illness for yourself and family. Learn about magnetics and far-infrared technologies for your wellness. Also learn how to create an environment that will support healthy choices, improve sleep, reduce your stress and enhance your quality of life. No Cost.</p>

Please see website for any schedule changes or call the center for updates on the workshops.

Saturday
July 31st
10:00 - 2:00 pm



Dr. Joel
Wallach

Take charge of your health!! Come hear world renowned author of *Dead Dr.'s Don't Lie*. Dr. Joel Wallach teaches power, practical, affordable solutions to hundreds of health challenges. No Cost.