


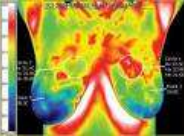

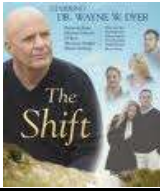


Holistic Education Center Workshops for June 2010

12 Murphy Drive Nashua, NH 03062




603-883-1490

www.thehssccenter.com

Pre-registration required

<p>Thursday June 3rd 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>
<p>Saturday June 5th 10:00 - 4:00 pm</p>		<p>Thermography of Breast and Body</p>	<p>There is an FDA approved technology available since 1982 that can signal a health warning years before the current standard of care. It is called Thermography and is a non-invasive procedure which uses a specialized camera to take pictures of your infrared image. This image is used by a health care practitioner to evaluate the overall health of your body. This non-invasive, pain-free, non-radiation screening should be included in every women's breast health check-up. Call the center to set up an appointment to have the thermography done of your breast and/or body. Dr. Nicole Schertell, ND, CCT of Image of Health will be here to take the thermography pictures. The cost for the breast screening including the thyroid is \$150. A full body screening is \$350. All results are read by a Radiologist that is a Doctor. They have special training in reading thermography. You can receive a copy of your results in a short amount of time with a easy to understand explanation. You can check out the website www.imageofhealth.info for more information. Please call soon to book your appointment.</p>
<p>Sunday June 6th 2:00 - 8:00 pm Monday June 7th 5:00 - 9:00 pm</p>		<p>Reiki Level 1 Class with Barb Tremlett</p>	<p>Energy Medicine is being recognized as the fastest growing field for health care. Learn the first level of healing with uncomplicated but effective focused energy work. This simple but direct 2- day program will be broken into segments. We will cover the history and basics of Usui Reiki, Level I. There will be time spent on theory and practice. Many of the teachings will be presented in a relaxing playful learning style. After completion students will receive Reiki I certification. Students will also be provided space for practice if going on to the next level. Workshop fees: \$180 pp; GM and SHP \$150 pp.</p>
<p>Thursday June 10th 6:45 - 9:00 pm</p>		<p>Positive Thinkers League Movie and Discussion The Shift</p>	<p>What could possibly happen in your life that would be so earth shattering that you wake up and you are a different person? Things that bothered you are no longer irritating, food taste better and you have a whole new view on life. It can happen to any of us. Please join us for a movie that addresses this life change. <i>The Shift</i> starring Wayne Dyer. After the movie there will be a discussion. Class fee \$12, GM or SHP fee is \$10. Meetup members fee is \$10.</p>
<p>Saturday June 12th 10:00 - 3:00 pm</p>		<p>Birthday Celebration and Vendor Fair</p>	<p>You are invited to attend a celebration for the 5th anniversary of the Holistic Self Care Center. We are celebrating so many things including over 2500 clients; we have taught 1000's of students, including 100's of nursing students and attended many outside events. Our clients are those looking to improve many different emotional, physical, mental and spiritual issues. We have lots of happy fans and we have even more success stories. Come join us today for movement classes, chair massages, reiki, and other services along with lot of vendors that will be selling their wares. We will have healthy food, raffles, prizes and live music. We will have a beautiful day and a wonderful celebration. No cover fee and open to all ages.</p>
<p>Saturday June 12th 10:00 - 3:00 pm</p>		<p>See Your Aura and Chakras</p>	<p>Stressed out???? Check out your stress level and learn how to control it! See your aura and chakras live on screen! Watch sensitive changes in your personal aura and chakra image with bio-data graphs in real time. Includes a full page size aura head shot and chakra photo, stress level bio-data, personal aura colors analysis and verbal interpretation's plus a 20 page print out. Please enjoy the opportunity to do Aura Biofeedback Video Imaging with Full Circle Aura with a special price of \$50. Regular price \$60</p>

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

<p>Monday June 14th 6:30 - 8:30 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 June 16th 6:00 - 7:30 pm</p>		<p>Hand Writing Analysis</p>	<p>Experience the unique insight into yourself that your handwriting, or more accurately your "Brain Writing" will provide. Learn basics of how handwriting is analyzed. This branch of psychology analyzes the slant, size, pressure and simple crossing of t's and determines both conscious and unconscious behavior. Learn that not only you are what you write but also you can become what you desire by simple changes in how you write! We will begin with this 1st step and simple program of, "What does YOUR Signature Say About YOU." Sandra Scheiner will be teaching this class. She has been a Certified Handwriting Expert for over 30 years. No Cost.</p>
<p>Friday June 18th 6:30 - 8:00</p>		<p>Emergence: The Feminine Voice of Power</p>	<p>Mirroring Your Authentic Self: An Evening of Refining your Visual Self Expression. Please bring a pillow for floor sitting and wear comfortable clothing that reflects you. Also, wear or bring a scarf that you love. We will be connecting with our body through meditations, movements, selective readings and shared visions. There will be music. Once we begin at 6:30, we will not be able to open the doors to latecomers, so please be on time. This is not a therapy group, nor a chat / support group. We will leave our everyday stories outside in the world. Class fee: \$10. For more information you can visit the group on meetup.com. Instructor: Pam Kennedy</p>
<p>Tuesday June 22nd 6:30 - 9:00 pm</p>		<p>Positive Thinkers League Moving up the Emotional Vibrational Scale</p>	<p>What is that is bothering you? What causes anger frustration, sadness or joy, happiness and bliss? And, how do we go from one emotion to another? Better than that how do we choose to feel better and then do it? There is an emotional ladder that we can climb to go from the bad feelings to the good feelings. Join us for a night of climbing the ladder. Leave with tools to start making changes immediately in your life.</p>

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