

TWO NEW CLASS SCHEDULES

Follow up to the January 19th Hope to Help Learning Institute

All classes held at:

Location: Body Therapy Center, 25 Florida Park Drive, in the Studio

Time: 3-4 pm

Space Limited - **Registration Required** - Free will donation

Registration: sarah.hope2help@gmail.com

Provide: Name, Class, Phone Number

DEEPER DIVE CLASSES

Date: Saturday, February 9th

THE HEALING DANCE

This is an easy, slow moving form of Qigong focused on moving energy through the organs for optimal health and wellness, while centering your intention in your heart. Suitable for anyone. Instructors: Lee Willman & Sarah Lantier

Date: Saturday, February 23rd

DEPRESSION & ANXIETY

The gut-brain connection is no joke; anxiety and depression are gut-wrenching. Come and learn more. Limited to 20

Presenter: Catherine Seidle, Functional Medicine & CNP

Date: Saturday, March 23rd

MOVING BEYOND THE MUSCLE

A look at ways to use your body more efficiently to help us as we age and work through chronic conditions. Limited to 20

Presenter: Lauree Moretto, Soft Tissue Specialist

PEARLS OF WISDOM CLASSES

Date: Saturday, March 9th

Join Me-Fully, **a Woman's Healing Circle** to open your heart, foster awareness and create internal joy. For women over 50, interested in meeting regularly and open to sharing, exploring, and learning. Lee Willman & Sarah Lantier Limited to 12.