



Join us for our Natural Living Women's Series.

Make-It. Take-It. You will be making products during each event that you will be able to take home.

The series will be hosted from 2 to 4 p.m. on the 1st Sunday of every month, April thru November. Here is a complete list of the classes that will be offered:



April 3, 2011

Healthy Planet/Healthy You: The connection between the health of the planet and our own health is clear. Chemicals and toxins are causing harm to the environment and to our families. This class offers awareness of the chemicals that cause concern and information on safe, inexpensive alternatives from everything from household cleaning to personal care products for the whole family.



May 1, 2011

Green Cleaning: Looking for a kinder, gentler way to keep your home clean and safe? This is a "kitchen cupboard" cleaning class, which talks about using vinegar, baking soda, lemon juice and other common ingredients.



June 5, 2011

Natural Skin and Hair Care: Parabens in lotions and additives in body washes and shampoos can be harmful to our health. This class will share "recipes" and resources for all-natural soaps, lotions, hair care and beauty products.



July 3, 2011

Aromatherapy: Aromatherapy essential oils do more than just smell good. Using them safely can reduce tension headaches, heal rashes and scratches, help you relax and clean your home naturally. This class will discuss basic information on choosing and using essential oils safely while you create your own personal aromatherapy scents.



August 7, 2011

Natural Pain Relief: Aches and pains? In need of a chemical-free pain relief rub or ache-soothing tea blend? This class teaches you how to make simple, safe pain relieving remedies from basic ingredients like rosemary olive oil rubs and rosehips tea to reduce inflammation. We will also try some massage techniques known to help reduce back pain and muscle strains.



September 4, 2011

Natural Relaxation/Dream Pillow: Enjoy learning about the history and folklore of using aromatic herbs to promote restful sleep and pleasant dreams. You will create your own personalized blend of herbs to make your own dream pillows and sachets.



October 2, 2011

Menopausal: The headlines often paint a picture of menopause as a scary time of life-creating an image of menopausal women as ill and disease-prone. The truth may not be as grim as menopause offers opportunities for physical, emotional and spiritual health and growth. This class discusses natural relief of uncomfortable symptoms and a plan for staying healthy through these changing years.



November 6, 2011

Herbal Tea Blending: Learn how to make the perfect cup of tea-peppermint for upset stomach, chamomile to help you sleep, lavender to relax and mint to perk up your day. This hands-on class discusses choosing safe herbs and herbal tea blends to create your favorite remedy tea blend.

To register for a class, held in Kobrnick's Café at Miami Valley Hospital South, call 877-MVH-HLTH. The registration fee is \$10 per class.

