

**Class Schedule for Heal Yourself Heal Your World Wellness Event Week
November 3 and 5, 2008 Apache Junction Multi-Generational Center**

TUESDAY NOVEMBER 3

	Healing Motion Room	Rejuvenation Room 117
10:00 AM	Chair Yoga	Fall Prevention and Slowing the Aging Process
10:30 AM		
11:00 AM		Teen Dating Violence
11:30 AM		
12:00 PM		Hand Reflexology for Health
12:30 PM		
1:00 PM		MOVIE: Simply Raw. Reversing Diabetes in 30 days
1:30 PM		
2:00 PM		
2:30 PM		
3:00 PM		
3:30 PM		
4:00 PM		
4:30 PM		
5:00 PM		
5:30 PM	Room 119	Yoga with Deborah CD Screening
6:00 PM	What is Dementia Anyway?	
6:30 PM		
7:00 PM		

THURSDAY NOVEMBER 5

	Room 118	Rejuvenation Room 117	
	Medicare: Information and Assistance on Options for 2010	Go Green - Toxin Free Home	10:00 AM
			10:30 AM
		Healthy Living	11:00 AM
			11:30 AM
		Ayurveda: What is Your Dosha?	12:00 PM
			12:30 PM
		Energy Exercises to Improve Your Life	1:00 PM
		Plants of the Sonoran Desert and Their Many Uses	2:00 PM
			2:30 PM
		Chinese Medicine for Fertility	3:00 PM
			3:30 PM
			4:00 PM
			4:30 PM
			5:00 PM
			5:30 PM
	MOVIE: Simply Raw. Reversing Diabetes in 30 days		6:00 PM
			6:30 PM
			7:00 PM

**Class Descriptions for Heal Yourself Heal Your World Wellness Event Week
Tuesday, Nov. 3 and Thursday, Nov. 5, 2009 Apache Junction Multi-Generational Center**

Ayurveda: What is Your Dosha?

Ayurveda is the oldest surviving practice of medicine / wellbeing, developed in India ~5000 years ago. Sabine Krieger will share recommendations for wellbeing based on your Ayurvedic Dosha, or type.

Hand Reflexology for Health

Grace Guilfoyle will demonstrate simple techniques to improve wellbeing using pressure on your hands.

Chair Yoga

Looking to improve flexibility? Relax every muscle in your body? Have a seat in this class and Susan Tuttle will show you seated Yoga poses. Improve breathing, dissolve stress.

Chinese Medicine for Fertility

Accupuncturist Dawn Krueger will describe what to expect when being treated for fertility with acupuncture and oriental medicine, including treatments, herbs, food therapy, types of exercise and relaxation methods. The treatment protocol for IUI and IVF will be covered.

Energy Exercises to Improve Your Life

Learn self healing energy exercises to reduce stress, relieve pain and permit your body to heal from Jean Buckborough of New Vision Healing.

Fall Prevention and Slowing the Aging Process

The Gifford Health Institute will teach and demonstrate proper body mechanics and strengthening to prevent falls and improve balance. Neurological and physiological changes in the elderly in relation to fall potential as well as nutritional health will be explained.

Go Green - Toxin Free home

Create a toxin free home, heal yourself and heal the earth. Switching brands will change your life. You will be making a difference while improving your health! FREE GIFT for attending.

Healthy Living

Build a health body now, to enjoy the rest of your life. A healthy life lesson with Theresa Sanders, come learn how to take control of you health.

Medicare: Information and Assistance on Options for 2010

Extra Help Programs for Beneficiaries: Annual enrollment event for all Medicare beneficiaries to make changes to their health care options if they choose.

Plants of the Sonoran Desert and Their Many Uses

Don Wells and Jean Groen share their popular presentation about the plants of our desert, including traditional, medicinal, and culinary uses.

Simply Raw. Reversing Diabetes in 30 days (Movie)

Incredible, inspiring documentary following people with Type 1 and Type 2 Diabetes who were cured by eating raw organic vegetables in less than 30 days. A must see for everyone!

Teen Dating Violence

CAAFVA will cover important components of understanding teen dating violence. Tools will be provided to help prevent abusive relationships and address current abusive relationships.

What is Dementia Anyway?

What's the difference between normal age-related memory problems and Alzheimer's disease? What is the disease's progression? How can people with dementia be supported?

Yoga with Deborah CD Screening

MGC Yoga Instructor Deborah will be screening her new CD, "Heal Yourself with Movement, Breath, Yoga, and Relaxation".