

Sheboygan Natural Health Classes 2014-2015 Schedule

We meet at the **NorthShore Gathering, 3821 Kohler-Memorial Dr.** just west of Sears on the No. frontage Rd.

<u>Day</u>	<u>Date 2014</u>	<u>Guest Speaker and Topic</u> <i>Sheboygan Natural Health</i> 2014
		Classes will meet the FIRST and THIRD MONDAYS from 7-9 p.m.
Mon.	Oct. 6	Annika Turba et al- <i>Fermented Foods Demonstration</i> www.westonaprice.org
Mon.	Oct. 20	Dave Turba- <i>Healthy Fats & Benefits of eating locally grown foods</i>
Mon.	Nov. 3	Dr. Mike Saatkamp DC- <i>Low Carb, Insulin Resistant Diet & Effect on Brain Function</i> www.saatkamphealingarts.com www.parentingmovementandnutrition.com
Mon.	Nov. 17	Sandy Bahr & others - <i>Preparing Simple Low Carb, Wheat Free Delicious Meals</i>
Mon.	Dec. 1	Claudia & Mary Ellen Schmidley RN- <i>Maker's Diet & 12 Essential Oils from Ancient Scriptures & The Daniel Diet, too</i>

2nd Semester Classes begin Mon. January 19, 2015 Sheboygan Natural Health

<u>Day</u>	<u>Date 2015</u>	<u>Guest Speaker and Topic</u>
Mon.	Jan. 19	GMO Foods- Seeds of Destruction
Mon.	Feb 2	Dr. Dirk Dulmes, D.C.- The Body's Innate Intelligence www.lakelandchiro.com
Mon.	Feb. 16	Eileen Dreczka- <i>Women's Heart Health. I'm Surviving!</i> www.womenheart.org
Mon.	March 2	Lila Mueller- <i>Reflexology</i> www.rayofhopereflexology.com
Mon.	March 16	Dr. Donna Abfall- <i>Live Blood Analysis and Electro Dermal Screening</i> www.inochiinc.com
Mon.	3/30 & 4/6	<i>Spring Break- No Class Easter is April 5</i>
		Classes will now meet the SECOND and FOURTH MONDAYS from 7-9 p.m.
Mon.	April 13	Hal & Kathryn Ribich- <i>Healthy Bees, Healthy Planet</i>
Mon.	April 27	Jamey Johnston- <i>Acupuncture</i> - www.wholistichealthcenter.org
Mon.	May 11	Bust-Up Party & Pot Luck. Guest Speaker- Judy Ann Walz- <i>Understanding the Neurophysiology of Drug & Alcohol Dependency</i>

Comments or Questions: Claudia J. Bricks 920-457-0525 www.sheboygannaturalhealth.com