February 3 – March 10, 2014 Presented by Natural Healing Omaha

Women's Health Series

Ready, Set, Grow!

6 Steps to Women's Whole Health

NEW, expanded series!

6 Unique Classes:

February 3	**Herbal, Natural & Practical Self-Care** with Mo Horner
February 10	**Breathe, Movement & Stillness** with Sarah Brandt
February 17	**Healthy Relationship Tips** with Nancy Dennis
February 24	**Balanced Sexuality for Women** with Sarah Wilch
March 3	**Art & Creative Expression** with Lisa Hofmann
March 10	**Real Food for Real Women** with Jennifer Wilford

PRESENTED BY

NATURAL HEALING OMAHA

Women's Health Series – 6 Steps to Whole Health (formerly Women's University) is a one-of-a-kind personal development series.

- Taught by six local, professional women
- It's much more than a workshop. It's a community.
- It's a collection of tools to motivate, inspire and encourage you to find whole health and wellness.
- Expand your understanding of a whole, healthy body, mind, sexuality, creativity, diet and relationships.
- Post-series support gatherings

When: February 3 – March 10, 2014, Mondays 6:30 – 8:30 PM

Cost: $195 Early Bird (before January 20), $225 General

Location: Omaha Integrative Care, 168th & Blondo

REGISTER by email at ***info@naturalhealingomaha.com***

OR online at **www.NaturalHealingOmaha.com**