



Natural Solutions for Health and Happiness



Increasing Your Self-Confidence

1/21/12 • 9am-noon • \$50

Self-Esteem can't be purchased; it grows out of the depth of learning to appreciate yourself. How you feel about yourself empowers and energizes you or lowers your vital energy. Your self-worth is reflected in how you think, nurture, and care for yourself, as well as how you trust your intuition, health, or lack of health. If you have a tendency towards fearful negative self-talk and never feeling like you measure up, this is your time to learn a healthier way to view yourself and life.

Emotional Health

1/28/12 • 9am-1pm • \$65

Have fun drawing simple art forms of what you are feeling and experiencing. Learn how to make every day decisions. Figure out what is holding you back from being healthy and happy – trust your own intuition for answers. Learn how to not 'stuff your emotions' so your body doesn't have to tell your story in physical health challenges.

Healing Acne and Rosacea

2/4/12 • 9am-noon • \$50

Acne runs rampant among our teenagers and adults. Rosacea, an 'incurable' skin disorder, affects over 45 million people worldwide and far more have acne. Georgie Holbrook healed a seven year extreme case of acne and Rosacea holistically with a drug-free cure. Learn how to heal the root cause and not have the symptoms return. Teenagers and adults of all ages welcome. See before and after pictures of Georgie on her web site: Joy-Full.com.

Home Remedies

2/11/12 • 9am-1pm • \$65

Learn common-sense, easy to use remedies for ailments, pain, colon care, preventing breast cancer, stress reduction and nurturing. Wear comfortable clothing for hands-on remedies. Plan to have fun and bring your friends.

Healthy Relationships

2/18/12 • 9am-noon • \$50

Come explore what it takes to have great relationships. Learn how to heal hurt, remove distance, end conflict, communicate and empower each other. Learn how to find the solution and heal hurtful patterns. Discover how giving and receiving true respect to another affects your health and happiness.

Instructor: Georgie Holbrook is a national holistic educator, emotional wellness coach and author. She examines the underlying needs of the human body and lifestyle, making the connection between our running on 'empty' and embracing healthier ways to connect to our body, mind and spirit. Visit her web site for books, CDs and services: Joy-Full.com or call for more information: 281.218.8773



For more info go to AlvinCollege.edu/CEWD under **Special Interest**
Wellness and Natural Solutions or call **281.756.3806** or **281.218.8773**