

HEALTH & WELLNESS

with Certified Herbalist Carol Gardner

Dr Mom Dr Dad: Primary Healthcare in the Home

Wed evenings 6-9 PM Sept. 19, 26, Oct 3, 10
please register by Sept. 12th • \$147

The ABC+D Approach to Natural Health Consulting

Wed evenings 6-9 PM Oct 24, 31, Nov 7, 14
please register by Oct. 17th • \$147



*Carol Gardner is a
Certified Herbalist and
holds a Bachelor of
Biology.*

(585) 272-9594 to register
sunshineblvd@rochester.rr.com

CERTIFIED HERBALIST COURSE

with Dr. Shirley Piccarreto, BS, CH

In this **4-week** comprehensive course you will learn:

- History of American and Chinese Herbology
- Best usage of herbs, vitamins and supplements
- Basic Anatomy and Physiology
- Body Systems: Cardio-Vascular, Lymphatic, Respiratory, Structural, Nervous, Digestive, Endocrine, Immune, Reproductive
- Natural Allergy Control, Children's Health, ADD/ADHD
- Anti-Aging, Skin Health, Permanent Weight Loss
- Cancer & Disease Prevention-Cleansing/Detoxing
- Natural Hormone Replacement, PMS, Menopause
- How our Environment affects our Health

**\$225 - includes textbook, instruction,
exam & Herbology Certification**

FALL sessions start (4 week course): (select just one)

Monday, Sept 10 or Oct 22 ▪ 6 - 9 pm in AVON

Tuesdays, Sept 11 or Oct 23 ▪ 9:30am-12:30 pm GREECE

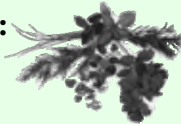
Tuesdays, Sept 11 or Oct 23 ▪ 6 - 9 pm in GREECE



Register by 9/1 -or- 10/10:

pic02@rochester.rr.com

(585) 227-6478



The Reiki Healing Center

& Lemuria Gift Store

Your Path to Wellness

Classes/Groups

Meditation, EFT, Dances of Universal Peace (drumming, singing, dancing)

Kids & Teenage Groups, Reiki Support/Exchange Group,

Essential Oil Support Group

Certification classes: REIKI Beginners to Master/Teacher, Karuna REIKI level I to Master/Teacher, REIKI Kids and Teenager classes levels I & II, I.E.T all levels and other classes Barbara Carlton, Reiki Master/Teacher and Karuna Reiki Master Teacher, taught by William Rand Of International Center for Reiki Training, her Reg:#84288& #83029

Treatments: Reiki, Karuna Reiki, IET, EFT, IRT(Rapid Eye), Crystal Healing, Hot Stones, Laser Healing, Reflexology, Color and Light, Magnetic Healing.

Gift Store • Gift Certificates • Library • Metaphysical Readings

Crystals, Jewelry, Pendulums, Incense, Candles, Books, CD's Angels, Essential Oils and more.

Local Distributors: Natures Sunshine, Perkl-Light, Ultra Photon Sound Beam, EarthLite Massage Beds, Melaleuca, Nikken, Young Living Essential Oils.

Shop Hours: Mon closed, Tue 1-5, Wed 11-5, Thu 1-5, Fri 11-6, Sat 12-4 with classes & Special Arrangements
Treatments: Monday to Saturday 9-7

85 South Union Street, Spencerport, NY 14559 Call: 585.349.3400

barbara.carlton@earthlink.net

www.TheReikiHealingCenter.com

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