

Life Changing Journey

INTERACTIVE WORKSHOP SESSIONS

Life Coaching & Wellness

Janet Garcia and Erick Stroud

Empowering, Your Life's Purpose, You're Called For Greater"



Do you feel like you're always-taking one step forward and two steps back? Are you frustrated in your life path? Do you keep hitting brick walls? Are you seeing failures after failure in business, work endeavors or life? Did you know you were created for a greater purpose? Many of us live life frustrated, why would anyone have to live like this? There is hope. There is a sleeping giant inside that wants to wake up and do more. Begin a new journey with hope. I will come along side and guide you through the steps in finding the greater call and purpose for your life as God did for her life. From this moment forward we can embark on this

journey together. "You are of God, little children, and have overcome them because He who is in you is greater than he who is in the world" 1 John 4:4. Be encouraged there is a He that is in the world which will guide you on a new path, journey and steps. You are invited to grab a friend and embark on this journey together.

Your Body's Many Cries For WATER!

You're Not Sick; You're Thirsty, Don't Treat Thirst With Medication by F. Batmanghelij

Leisa Arrington

"The Simple truth is that dehydration can cause disease. Everyone knows water is good for the body. They seem not to know how essential it is to one's well-being. They do not know what happens to the body if it does not receive its daily need of water. "Learn how changing your water, drinking your daily required intake of Kangen Water can change your life and ...

- Hydrates the body on a cellular level
- Boost Immune System and Weight loss
- Detoxify & Flushes the Body to remove Toxins, Acid Waste, Increases Energy
- Infused with Electrolytes
- Improves Circulation, Healthy Heart
- Powerful Antioxidants, Neutralizes free radicals
- Supports Healthy Digestion and Elimination, Reduces the risk of Colon and Bladder Cancer
- Relieves Asthma and Chronic Respiratory Infection
- Promotes Better Sleep, Headache and some Migraine Relief
- Reduce Proliferation of Candida, Fungus and undesirable Microforms
- Improves Joint, Muscle and Pain Relief,
- Improves Skin Irritations, Makes you look and Feel Better



Relax & De-Stress Exercises & Clean Eating

Baseema Stroud



Do you sometimes feel so overwhelmed that you can barely catch your breath? *Stress is inevitable. From frustration with traffic to fear brought on by a health scare, an unhappy marriage or heavy workload—can create real physical stress that constantly intrude in your lives. Stress has been linked to a wide range of health issues, including mood, sleep, and appetite problems — and yes, even heart disease. But the consequences of stress don't have to be inevitable as well. It doesn't have to ruin your life or your health. Learn how stress affects your heart,*

health and well-being, and ways you can counteract those damaging effects by calling upon your body's rich potential for self-healing. Join us for an engaging self-care and wellness INTERACTIVE workout. Our de-stressing exercises are centered on breathing and stretching techniques designed to help you relax on a daily basis at home, in the office, or anywhere! You will learn new ways to manage stress, revitalize your mind and body, become more relaxed and focused, enabling you to respond to life with more clarity.

Please bring a pair of warm socks to class.

Clean Eating

Takela Langston

Eat more of the good. Eat less of the bad. That's the whole idea behind clean eating. It's all about, well, cleaning up your diet so that there's a greater focus on whole foods (think fruits, vegetables, protein and healthy fats), and less reliance on processed or refined foods. The benefits of adopting a clean diet are pretty clear (reduced incidence of disease, weight loss, increased quality of life, and a longer life expectancy, just to name a few).



During this session we will cover the importance of clean eating and why it is so necessary for our bodies to succeed in weight loss using his concept. Learn what are considered good carbs and carbs we should stay away from. Most importantly, how to balance these prepared meals enabling your body to absorb the proper nutrients it needs and how to stick to your balanced meal plan. As a special treat we will share healthy smoothie options and how to incorporate super foods without comprising taste.

The Healing Benefits of Essential Oil's & Reflexology

Rhonda Brantley & Regina Lynch



Are you ready to discover different ways to use essential oils? Essential oils can enhance so many areas of your daily life. They are often used for your physical, spiritual, emotional balance and well-being, immune support, respiratory health; dispel inflammation, muscle tension, pain, relaxation, sleep, skin care, and green cleaning. During our interactive workshop, you will learn safety tips, different ways to create blends and use these essential oils for breathing and skin application. How to dilute them appropriately depending on the issue you're blending for and how to create a more natural, healthy lifestyle with Aromatherapy.



Another way essential oils are used is through reflexology. Some of the benefits of using essential oils during reflexology treatments , include its ability to stimulate nerve function, increases energy, boosts circulation, induces a deep state of relaxation, eliminates toxins, stimulates the central nervous system, prevents migraines, cleans up urinary tract conditions, speeds recovery after injury or surgery, helps relieve sleep disorders, reduces depression, and relieves pain.

Clinical Assistance, Nutritional Herbalist

Marsha Kentish and Lynise Perry

Services: De-stress through Mindful Eating, Clean Eating Talk and Health Benefits, Top 5 Culinary Herbs



Come join us in learning the basics and simple ways of incorporating clean eating and wellness into any lifestyle. Whether you are a busy student on a budget, young professional, active growing family, or enjoying mid-life or golden years and don't care to spend too much time in the kitchen, eating healthy can be less of an inconvenience and more time for self-love and bonding opportunities with family and friends, while improving

sleep, having more energy throughout the day, improving attention and memory, as well as overall health status.