



PEPPERMINT

WINTERGREEN

COPIABA

MAY 31, 2015

1:00 - 4:00 PM

POT-LUCK! LET'S SHARE!

This class is a continuation in our goal to offer innovative classes on various topics in order to provide clarity in the process of learning how to use Essential Oils in your daily life. Please bring a healthy dish for our Potluck.

Kathy Wright, ND, is a Certified Nutritional Consultant and author of 3 books. She is the founder of Avenues to Wellness, which offers Life Coaching, Biofeedback, Yoga and Healthy cooking classes.

Elizabeth Kisch, LMT, CST has been in private practice as a Massage and Craniosacral Therapist for nearly 40 years.

Ronan Kisch, PhD, is a Somatic Psychologist in private. He was the chief psychologist on the Sycamore Hospital Eating Disorder Unit.

Elizabeth and Ronan will be sharing information about practical applications of essential oils and supplements that may help you deal with weight control.

Be sure to call if you're coming, as the seating is based on reservations and we want you to be comfortable!

If you would like to have a Zyto Scan please let Kathy know in advance for this as well so that can be set up. (Charge \$10 for Zyto, separate from class fee.)

POT- LUCK!

Bring a simple salad or side dish, NON GMO/chips and salsa, Hummus, vegetable soup, fruit salad etc. Do not let this scare you away, call for help if you need suggestions.

Kathy Wright, ND
Healthy Food!

Elizabeth Kisch,
LMT, CST
Weight Loss

Ronan Kisch, PhD
Psychodynamics and
Eating

97 Compark Dr.
Centerville, OH
45459

Class fee: \$10

Please call Kathy to reserve your seat, leave a message at: 937-298-2425, or 937-477-6125