



**IMPROVE YOUR HEALTH
WITH
PERSONAL ENRICHMENT
CLASSES
BEING OFFERED AT
MOTT COMMUNITY COLLEGE
LIVINGSTON CENTER**



9/11/10 - Hitting Bottom and Bouncing Back - Natural Mood Repair - 2 hrs

It is said that nearly a third of America's women are taking anti-depressant drugs. Many of these women are not "clinically depressed," therefore, these drugs are ineffective. The side-effects of these drugs can be devastating. Depression and anxiety are best treated by repairing the brain's ability to produce the missing neurotransmitters that cause the condition. Assess your state of mind, and learn how you can feel like yourself again using natural orthomolecular healing strategies. \$29.00

9/18/10 - Serenity Can be Yours - Emotional Balancing - 2 hrs

Do your emotional reactions interfere with your productivity... or your ability to make good decisions... or your relationships? Don't let anger, fear, or other unwanted negative emotions ruin your day or your life. Learn a quick and easy technique for eliminating those negative emotions forever. Easier than EFT and you can do it anywhere! Includes a bonus discussion of natural emotional remedies that work. \$29.00

9/25/10 - Bidding Goodbye to Aunt Flo - A Natural Menopause - 2 hrs

Menopause is not an illness. It is a natural process that ushers women into the most mature stage of life. Some women experience unpleasant or annoying symptoms during this time. Discover safe and gentle ways to alleviate these symptoms and use your new wisdom and maturity to help younger members of your circle navigate their way through life more comfortably. \$29.00

10/2/10 - Zing Go the Strings! - Happy Heart Health - 2 hrs

So, do you really need to take all those prescription drugs in an effort to keep your heart healthy? Find out what those drugs are doing to you over the long term, and how you can keep your heart functioning optimally using safe, natural substances instead. \$29.00

10/9/10 - Dangling the Carrot - Fun with Raw Foods - 2 hrs

What we eat has a tremendous effect on how we feel. Studies have shown that eating raw, living food gives people more energy, better digestion, and all-around better health. Many choose an 80% raw diet. Some elect to go for 100%! Some raw meals require special equipment and machines. Others require a knife and a blender or food processor... items easily found in most kitchens. We will prepare a quick and easy raw menu of appetizer, soup, salad, entrée and dessert using fresh ingredients and minimal hardware. (Extra \$5 per person fee for food). \$34.00

10/16/10 - Hey, Sugar! - Living Well with Type 2 Diabetes - 2 hrs

Did you know that Type 2 Diabetes may be managed without prescription drugs? Find out how you can thrive even after your diagnosis, just by making some changes to your nutrition and daily habits. Even if you only suspect you may be pre-diabetic, now is the time to start taking control. \$29.00

10/23/10 - I'm Sick! I'm Well! - The Healing Process Demystified - 2 hrs

Learn to understand the cause of illness and how to reverse its progression. Recognize the natural rhythms of life and health. Discover how compassion, fear, and limiting beliefs can affect your health. Can the truth about your illness really set you free? \$29.00

10/30/10 - Screaming Isn't the Answer! - Natural Stress Coping - 2 hrs

One of the results of living with constant stress is adrenal exhaustion. We become so overwhelmed with life that we just want to throw in the towel, run away from home, or some other extreme fantasy that will take us away from the fatigue, pain and anguish. Assess your stress level to determine your risk of adrenal fatigue. Discover safe methods of overcoming the negative effects of stress while retaining the positive, productivity-enhancing effects. \$29.00

11/6/10 - All Systems Go! - Anti-Aging Strategies - 2 hrs

We all do it. Aging. Some of us do it with a bit more élan than others. Our digestive system, circulatory system, respiratory system, muscular system and nervous system may all need a little tweaking as we head into our mature years. All we need is the knowledge and the follow-through to keep on track for vital, long, and healthy living. Here's how you can stay in tip-top shape! \$29.00

11/13/10 - Fluffy and Fido Get Well Naturally - Herbal Pet Care - 2 hrs

Cats and dogs respond well to alternative health care techniques. Many conditions may be treated at home with herbs, homeopathy, flower essences, and energy healing techniques. Wow wow wow!" --- Fido \$29.00 (although they are our best friends, we can not allow pets in the building)

Meet Your Instructor



Mary Sahs is a naturopathic general practitioner. She guides people through the maze of available natural healing modalities to form a strategy for achieving better health based on personal values and preferences. Mary works with a variety of health assessments, nutritional therapies, homeopathics, energy and sound healing, coaching for diet and lifestyle changes, and other modalities as needed to produce the best possible outcome for her clients. Each person is evaluated, listened to, and engaged in developing a personalized healing program they can live with. Mary speaks regularly for women's groups, support groups, and anywhere people care about their health. Mary has been a devotee of alternative health care since the 1970's. Suffering debilitating daily headaches, her medical doctor x-rayed her head and told her to have her husband take her out more often. Disgusted by his condescending attitude, she decided to give chiropractic treatment a try. Within two weeks her incapacitating headaches completely disappeared and she was able to stop using over-the-counter pain medications. Mary comes by her interest in alternative healing naturally. Her father, Ed Sopcak, was instrumental in the development of the cellular therapy Cancell, now known as Protocol 50. Mary earned her Doctor of Naturopathy degree in 2006 and appeared many times at Livingston County, Michigan's Womenfest. Her background includes certification from Toastmasters International. Her urgent mission is to help people feel great while reducing their dependency on dangerous prescription drugs and torturous allopathic medical treatments.

A minimum of 6 students will be required for each class to run. In the event of a cancellation due to lack of enrollment, all students will be refunded their full tuition.

To register: go to www.mcc.edu/livingston, print and fill out registration form. Fax registration to (517) 548-0784, e-mail signed form to renee.david@mcc.edu, or mail your registration form with payment to: Mott Community College

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