

MARCH 2010

Monmouth County Library, Eastern Branch, 1001 Route 35, Shrewsbury, NJ 07702, March 10, 2010 10:30 - 11:30 am "Flower Power. Flower Remedies can have a powerful impact on the emotional health of your family." Learn how to heal your stress and issues to your children's issues including dealing with other children, stuttering, night terrors, clinginess, teething, etc. I will answer questions on how to help all in your family.

3rd Annual Mindful Living NJ Holistic Health And Wellness Fair

Sunday, March 21, 2010, 12-4:00

The Maplewood Women's Club, 60 Woodland Road, Maplewood, NJ

The basis for the Mindful Living Holistic Health and Wellness Fair is to provide the community an opportunity to experience natural approaches to health by showcasing vendors who specialize in a wide array of complementary health and wellness disciplines. In addition to holistic health and wellness practitioners, Mindful Living NJ is also committed to educating the community on green lifestyle choices.

Past exhibitors include: yoga studios, fitness instructors, massage therapists, Reiki practitioners, green architects, acupuncturists, chiropractors, doulas, wellness centers, homeopaths, naturopaths, and more. Samples of products sold include essential oils, organic soaps, green cleaning products, all-natural vitamin supplements, salt lamps, allergy-friendly food and organic chocolates.

FREE KIDS ENTERTAINMENT THIS YEAR INCLUDES:

Musical Performance By: [Sister Sing Sister String](#)

Demonstrations for Kids By: [Wholesome Kids Cook](#), [Jen Slaw Juggler](#), [Step2gether](#)

APRIL 2010

Participate in the fifth annual Walk for Autism awareness and Logan's Run 5K in memory of Logan Mitcheltree, a young boy with autism.

Date: Saturday April 10, 2010

Place: City Island, Harrisburg PA

Times:

10:00 am: Logan's Run 5K. Registration and sign-in at 9:00 am.

12:00 pm: Walk for Autism; a Family/Kid Fun Walk for autism awareness.

Registration and sign-in at 11:00 am.

Fee: Runners-\$15.00 if pre-registered, \$20.00 on race day. Walkers- *FREE*

[Click here to register online for Logan's Run!](#)

[Click here to register online for the Walk For Autism!](#)

BROOKDALE COMMUNITY COLLEGE April 17 10-12noon ADULT LEARNING 2 hour class Continuing Education 732-2242315 to register or wow.brookdalecc.edu/bcd

Edward Bach, a renowned British doctor, surgeon and immunologist believed it was critical to heal patient's emotional issues in order for them to heal physically. His research discovered 38 flower remedies that when combined, may help relieve issues ranging from stress to procrastination to anguish. Focus issues, anxiety and sadness can also be treated with Bach flower reeds. Learn about the 38 flower essences and their potential benefits. You will be making your own personal remedy in this course. \$27 supply fee payable to the instructor in class. Fee and Code \$29, XHEAF 252B

JUNE 2010

**BROOKDALE COMMUNITY COLLEGE - Saturday, June 5, 9 am - 4
Professional Development & Lifelong Learning Continuing Education 732-2242315
to register or wow.brookdalecc.edu/bcd**

Edward Bach, a renowned British doctor, surgeon and immunologist believed after working with many patients, that it was critical to heal his patients' mental and emotional issues, in order for them to heal physically. His research discovered 38 flower remedies that, when combined, may help relieve issues from stress to rage to procrastination to anguish. Also focusing problems, bullying, anxiety and sadness may be helped. Learn about the 38 flower remedies and the potential benefit they will have in your practice in this full day course. Make your own personal remedy (liquid drops from Bach Flowers) in this course designed to show you how to use the Bach Flowers for your clients' emotional health. Fee and Code: \$79, XMEDN 215B. The supply fee is \$27, paid to the instructor the day of the course.
