

Spirit

Newsletter of the
Wellness & Total Learning Center

FREE
Please Share

September—October 2011

715 West 30th Street, Ashtabula OH

440-997-5353

Volume 15, Issue 5

From the Director's Pen



Grateful Heart

Quantum Biofeedback

Hilda Jarvis is learning the new technology of Quantum Biofeedback and needs volunteers to practice this wonderful technique of the future.

The first session takes 1½ hours; thereafter, a session is one hour.

A \$5 minimum donation to WTLC per session is suggested. To schedule an appointment, call WTLC or Hilda at 440-228-3977.

Attend her program on Friday, September 2nd at 7:15 to learn more about quantum biofeedback.

Another Summer of Holy Hotness is almost behind us and I sit in a grateful heart. Gratitude floods me for many other things, too. When I realize how many people gave their time, talent and energy to helping with Garage Sale Bonanza...despite the Holy Hotness...I feel grateful! Dick Mueller and all the folks who gave a huge part of their spring and summer to this project help WTLC stay alive to serve the community. Thank you all!

The Garage Sale Bonanza has become a far-reaching community event. There is no way to measure how many lives it touches. Think about all the organizations that are involved and all the people whom they serve. Think about all the people who donated their goods for a higher cause as well as clearing space for something new to come into their lives. Think of all the people who worked so diligently to set up the space and tables, pick up, drop off, clean, fix, organize, price, and arrange the sale. Think of those who trained, tallied, worked the floor, cashiered, and carried out. Think of those who entered tallies into the computers. Think of those who prepared and worked the food booth and bake sale. Those who lent the food wagon, delivered and returned the wagon and lent the generator. Think of those who shopped for treasures which they needed or wanted! Think of those who are still cleaning up! It is an amazing endeavor!

WTLC is also an amazing endeavor! Think of all the people who make it happen! The practitioners and presenters, the staff, the people who come to WTLC for a myriad of reasons all deserve our appreciation and gratitude! So many people give in ways that most don't see, but make a significant difference to everyone!

A special thanks goes out to our landlord, Ron Kister, who repaired the drains and fixed the parking lot! It is beautiful! And it is much safer. Thank you, Ron!

Most of all I am grateful to each of you who are searching for your own wellness...balance of body, mind and spirit! We are here to support you as you seek your own answers. Let us know how we can help!

Happy Fall 2011

Namasté,
Susan



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From the President's Pen

Remembering to be grateful can make a huge difference in life. Much of the following is quoted from the online site zenhabits.

"If the only prayer you said in your whole life was, 'thank you,' that would suffice." – Meister Eckhart

Many days, I try to humble myself and hold a 2-minute gratitude session. I simply sit or kneel, with no distractions, close my eyes, and think about everything for which I'm grateful.

There are many reasons to do this. Here are a few.

- **It reminds you of the positive things in your life.** It makes you happy about the people in your life, whether they're loved ones or just a stranger you met who was kind to you in some way.
- **It turns bad things into good ones.** Having problems at work? Be grateful you have work. Be grateful you have challenges, and that life isn't boring. Be grateful that you can learn from these challenges. Be thankful they make you a stronger person.
- **It reminds you of what's important.** It's hard to complain about the little things when you give thanks that your children are alive and healthy. It's hard to get stressed out over paying bills when you are grateful there is a roof over your head.
- **It reminds you to thank others.** The simple act of saying "thank you" to someone can make a big difference in that person's life. Calling them, emailing them, stopping by to say thank you ... just taking that minute out of your life to tell them why you are grateful toward them is important to them. People like being appreciated for who they are and what they do. It costs you little, but makes someone else happy. And making someone else happy will make you happy.

I try to remember to be grateful as often as possible. I'm grateful for the new WTLC parking lot. I'm grateful that WTLC has air-conditioning. AND – I'm grateful for the many hours that were volunteered by many people to make the Garage Sale Bonanza a huge success! THANK YOU ALL!!! You have made a difference in the lives of many!

Love & Light,
Colleen

Poets' Corner

The Power of the Dream

I believe in the power,
the power of a dream
to lift hearts already heavy,
with minds already closed,
opening to possibilities
before dream-time
never seen.

I believe in the power,
the power of the dream
to gift bruised, imprisoned spirits
keys to unlock freedom
rescuing empowering hope
from limiting
hopelessness.

I believe in the power,
the power of the dream
to fuel daring beginnings
overcoming inertia
sustaining action, step after step
directed by
final goal.

I believe in the power,
the power of the dream
to fill creative potential
alone or with others
expressing innermost being
harmonic song
dream filled joy.

Sarah Macdonald
3-14-2010

Spirit

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September-October 2011

SPIRIT is published bi-monthly six times a year. Issues are delivered in February, April, June, August, October & December.

Wellness & Total Learning Center is a non-profit organization created by students of life who desired a gathering place to exchange ideas, healing and experiences. With a unifying idea that we are energy beings seeking to know ourselves and our place in the universe, WTLC was born.

There is much curiosity at **Wellness & Total Learning Center**, including a willingness to challenge old and new paradigms, and a non-judgmental atmosphere that encourages questions and mutually respectful dialogue.

Most of all, there is a loving atmosphere that nurtures the spirit and affirms the Oneness of all.

Programs are open to all interested persons. Scholarships are sometimes available. Don't let cost keep you away.

2011 Officers:

Colleen Crawford, President
Sarah Macdonald, Vice-President
Marjorie Hurst, Secretary
Wendi Noce, Treasurer

Director: Susan Deak

Editors:

Diana Crudele Deborah Frederick
Dick Mueller Kathy Wade

To learn more about WTLC programs and services, call 440-997-5353.

Or go to our website:
www.wtlcashtabula.com

Nature's Sunshine

Digestive System Pack



Benefits:

- Supports healthy digestion by breaking down all types of food.
- May promote immune system health.
- Supplies friendly bacteria to help rebalance the population of flora in the gut.
- Aids in the elimination of toxins.

Digestive System Pack — This body system pack contains supplements that are formulated and traditionally used to support the digestive processes and create an environment wherein food can be more readily digested, and nutrients can be more readily absorbed and then circulated throughout the body to nourish cells and muscles.

Products in this pack support healthy digestion by breaking down all types of food, may promote immune system health, supply friendly bacteria to help rebalance the population of flora in the gut, and aid in the elimination of toxins.

Contents include:

- **Proactazyme®.** This plant-sourced enzyme product facilitates digestion and improves nutrient absorption.
- **Anti-Gas TCM.** This Chinese formula supports both the digestive and detoxifying functions of the body and supports the natural elimination of excess moisture and toxins.
- **Probiotic Eleven®.** We combined 11 types of friendly bacteria that support proper digestion and nutrient absorption. Probiotics help the intestine and colon by producing enzymes, supporting immune function and helping to prevent occasional constipation.

Circulatory System Pack

Benefits:

- Supports circulatory health and heart function.
- May increase circulation to the extremities.
- Provides essential fatty acids, which benefit heart health.



Circulatory System Pack— This body system pack contains supplements that are formulated to support proper circulation and to help protect and nourish the cardiovascular system. **Products in this pack support circulatory health and heart function, may increase circulation to the extremities, and provide essential fatty acids, which benefit heart health.**

- Contents include:
- **Ginkgo and Hawthorn Combination.** Ginkgo helps increase circulation and has antioxidant properties that support cardiovascular health. Hawthorn berries support the health and function of the heart muscle.
- **Co-Q10 50 mg.** Our soft gels contain a unique, patent-pending lipid tri-blend that prevents Co-Q10 from crystallizing, thereby greatly enhancing the bioavailability and absorption of this vital nutrient. Co-Q10 helps protect cardiac cells and may help maintain blood pressure levels already within the normal range.
- **Super Omega-3 EPA.** Provides essential fatty acids that are good for heart health.

Garage Sale Bonanza Summary

The Garage Sale Bonanza on July 8, 9, and 10 once again was a huge success. There were many satisfied customers. The twelve participating organizations are very grateful to you for the many ways in which you support this activity.

- By donating items that others gratefully buy.
- By volunteering your time and talent so we have clean attractively displayed merchandise.
- By shopping — not just one day, but all the days of the sale.

The final numbers are not yet available because there are small items of both income and expense which have not yet been recorded. But we would like to satisfy your curiosity so we share these approximate figures which will change, but not drastically. The gross income from this year's sale and related activities was \$60,046.51 compared to \$55,485.12 in 2010. After subtracting the expenses, the net income was \$56,443.63.

Animal Protective League	\$13,566.36
Conversation Station of Orwell	2,800.19
Dental Task Force	533.04
Faith In Action Caregivers	4,708.89
Friends of Children Services	1,881.71
Girl Scout Troop #80525	1,554.98
Independent Living Services	1,038.30
Lions Club of Geneva	2,526.05
LIVING! with Cancer Support Group	2,454.99
Retired Senior Volunteer Program (RSVP)	4,111.51
Spiderweb of Jefferson	2,688.39
Wellness & Total Learning Center	<u>18,579.27</u>
Total (after subtracting expenses)	\$56,443.63

We are all very proud of our achievement this year and look forward to another season of hard work with congenial friends and another rewarding event next year. If your name is not on the list that follows, we hope that you will consider joining us next May, June, and July, so a year from now you will feel the same satisfaction as these 308 awesome beings.

Thank You to All of the GSB Volunteers

Kevin Acierno	Michele Bradley	Catherine Colgan	Kathy Doyle
Katelynne Adams	Doug Brummitt	Amy Cothran	Ann Dragon
Luisa Aquinaga	Angela Bruss	Victoria Cox	Peggy Ducro
Connie Allen	Dave Buckley	Patricia Coy	Dick Dunbar
Seth Allen	Pat Buckley	Pat Cramer	Amy Edixon
Trista Allen	Bill Burnett	Ron Cramer	Cheryl Edwards
Darlene Anderson	Jenna Burnett	Diana Crudele	C.J.Ellsworth
Laurie Andes	Tania Burnett	Dale Cullers	Hyemi Eom
Megan Andes	Belinda Button	Sherry Cullers	Carol Eshleman
Joanne Andolsek	Dave Cameron	Bill Cummings	Samantha Eubank
Jan Baber	Shirley Campbell	Cheryl Daubenspeck	Shawn Fitzgerald
Tyler Bailer	Wayne Carter	Claire Daubenspeck	Benny Fobes
Laura Balog	Jasmine Chappell	Cody Davis	Janet Fobes
Bobbie Barnes	Carmella Christian	Mary Kay Davis	Jessie Foster
Cecilia Barnett	Sallie Christian	Crystal Deak	Josie Foster
George Barnett	Shayla Christian	Susan Deak	Linda Foster
Ray Barnett	Frank Clayman	Hootie DeAngelis	Deborah Frederick
Tavia Barnett	Sharon Clements	Mary Kay DelPriore	Pat Frenelle
Mary Belding	Doreen Cole	Barb Distelrath	Gloria Funke
Denise Brace	Derrick Coleman	Chuck Distelrath	Nancy Gauschman
Brianna Bradley	Irene Coleman	B.J. (Bernard) Doyle	Tanya Gerren

Thank You to All of the GSB Volunteers

Janis Gildersleeve	Hilda Jarvis	Linda Morse	Nick Sawyers
Steve Glilia	Jeremy Jellings	Martha Mosinski	Elaine Schafer
Briana Goforth	Karen Jerman	Breanna Mott	S.J. Schafer
Sue Goldhardt	Dennis Jewell	Sally Mott	Eleanor Schuler
Shirley Goodell	Diane Johnson	Dick Mueller	Steffany Scott
June Gore	Helene Kaliz	Justin Murton	Sue Shadle
Anna Mae Graham	Gloria Kaul	Bill Myllimaki	David Shaw
Pat Graham	Kathy Kaura	Diane Nelson	Ron Sigley
Robert Graham	Gil Kendrick	Andy Netzel	Erin Simon
Leah Gray	Becky Kendzerski	Robin Nierzejewski	Lily Simon
Yvonne Groudle	Chris Kettunen	Krystal Noce	Rae Smith
Luanna Hale	Maxine King	Wendi Noce	Al Snitcher
Isabella Hall	Abigail Kist	Shirley Noe	Mary Ann Steadman
Jan. Hall	Emily Kist	Brittany Norman	Kristan Stenglein
Katie Hall	Suzy Kist	Frances Norman	Gene Sterling
Ken Hall	Liz Knasel	Nadilee Nottingham	Bill Swanson
Miriah Hall	Marv Knasel	Penni Nottingham	Carole Swogger
Terry Hall	Fred Krengulec	Hazel O'Neal	Brittany Tatakis
Marissa Hamillton	Bernice Kniveton	Judy Pallutch	Wanda Taylor
Rachel Hanes	Cindy Kohler	Libby Pallutch	Grace Thewes
Brandon Hanna	Carol Koivisto	Lindsey Pallutch	Anita Thomas
Alyssa Miller	Joyce Kren	Megan Pallutch	Evelyn Thomas
Destiny Haynes	Dick LaDu	Sarah Pallutch	Sue Thomas
Rachael Haynes	Peggy LaDu	Pat Paulchel	Ruth Thompson
Lauri Hecht	Brittany Lambert	Carrie Pawlowski	Tiffany Todd
Marge Helton	Lesmon Lampkin	Alton Peck	Margie Trax
Rollie Helton	Gary Larson	Pam Peck	Ben Tressler
Joan Higerd	Sarah Libbey	Mary Palyhes	Debbie Tressler
Christine Hill	Marge Liebal	Carol Perry	Nik Tressler
Jackie Hill	Jeanne Lillie	Bob Peter	Gene Turner
Linda Hill	Alicen Limestoll	Peg Peter	Ron Turner
Lori Hinkle	Ashley Limestoll	Don Peters	Gary Vanderlind
Matt Hively	Austin Limestoll	Bonnie Pillars	Jesse VanPelt
Millie Hogan	Ramon Lopez	Ron Pillars	Chelsea Versaw
Susan Hogle	Brandon Lott	David Pinson	Alice Vervais
Mary Hollingsworth	Sarah Macdonald	Geri Quirke	Scott Vincent
Mary Homick	Arlene MacMichael	Ted Quirke	Kathy Wade
Everette Hooten	Terry MacMichael	Paula Raffenaud	Hailee Walkup
Cindy Hoplight	Gene Mahoney	Char Rao	Hannah Walkup
Sonya Hoplight	Diane Marjenin	Judy Rarick	Juli Walkup
Taylor Horne	Kourtney Martin	Mitch Rarick	Debbie Wann
Amy Housel	Mary Martin	Zac Rarick	Chance Watkins
Chris Howard	Emma Martuccio	Cheyenne Rexrode	Greg Weldy
Sam Howard	Sarah Masek	David Rexrode	Michael Weldy
Samantha Howard	Shauna Mason	Dustin Rexrode	Sara Wetzel
Myra Howell	Jeanne McCool	Shawnee Rexrode	Mary White
Courtney Howland	Catherine McKibbin	Shirley Rice	Jennia (B.J.) Williams
Kayla Howland	Faye McQueen	Preston Ritter	Cheri Wittenmyer
Marcia Hunt	Lori Merkel	Marli Rizzo	Sue Writz
Tori Hunt	Melinda Messent	Albert Roberts	George YO
Gary Hunter	Ethan Miladonavic	Amber Rosario	Brad Zachar
Laura Hunter	Kate Miladonavic	aleezabet Royster	Ryan Zachar
Pat Hunter	Alyssa Miller	Jim Royster	Susan Zachar
Marjorie Hurst	Yvonne Miller	Ismael Ruiz	Evelyn Zaebest
Christina Inics	Ayami Miyakake	James Sandrick	Ray Zibaner
Jim Jacobs	Isabella Mollick	Evan Sarna	Dottie Zito

Member News

Celebrating those born in September and October

HAPPY BIRTHDAY!

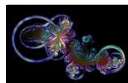
SEPTEMBER

Lou Buck	9-01
Anna Marie Bento	9-02
Teresa Paone	9-02
Carol Karpowicz	9-03
Jackie Evangelista	9-04
Anne Nessa	9-07
Lowell Beaudoin	9-08
Tina Dales	9-08
Jason Sams	9-08
Marta Stone	9-09
Kathy Schmidt	9-11
Jan Wakefield	9-11
Nancy Genger	9-12
Linda Loftus	9-12
Marian Hoadley	9-13
Emily Licate	9-13
Flora Simmen	9-13
Tina Beduhn	9-16
Sue Prime	9-17
Rena Lillie	9-20
Rose McKiethan	9-20
Mary Kay Del Priore	9-22
Kathy Stewart	9-22
Michelle Baruffa	9-25
Christina Mahoney	9-29
Kris Powers	9-29
Sheila Branch	9-30

OCTOBER

Diana Chike	10-01
Lad Jelen	10-04
Judy Parlongo	10-04
Nancy Shaw-Hertzog	10-05
Spencer Wold	10-05
Katherine Conel	10-08
Diane Kopp	10-13
Sharon Simmen	10-15
Rosemary Brenkus	10-17
Phyllis Duffy-Zala	10-17
Marjorie Hurst	10-19
Dorsey Ney	10-19
Sarah Hayes	10-21
Thelma Jones	10-21
Joann Locke	10-21
Richard Schindler	10-22
Denise Brace	10-24
Carol Perry	10-24
Jeanne Curtis	10-25
Janet Lee	10-25
Sarah Macdonald	10-25
Pat Osborne	10-25
Dena English	10-26
Lois Conrad	10-27
Alice Cook	10-27
Paul Mechling	10-27
Thomas Frazier	10-29

Your birthday missing?
Call 997-5353
or e-mail
wtlc@suite224.net



Affirmative Prayers

Bill Bruehl
Anthony Cifelli
Rose Curtin
Lawrence Katonak
Susan Katonak
Gary Larson
Bonnie Pillars
Paula Raffenaud
Evelyn Thomas



Member Message Exchange

Doreen Virtue

at The Journey Expo 2011

Lakeland Community College, Kirtland, Ohio

**Connecting with the Angels of Health,
Happiness, and High Energy**

Saturday, September 10

1-3pm

General Admission \$55

Join Doreen Virtue for an inspiring seminar in which she connects you with the 15 archangels who help us all to live healthier and happier lives. Doreen will show you amazing Energy Graphs of positive and negative words from her new book, "Angel Words," which show visual evidence of high-energy and low-energy words and phrases. Doreen will also discuss her newest books, "Archangels 101" and "The Angel Therapy Handbook." You'll experience the different profound energies and specialties of Archangels Raphael the healer, Michael the protector, Raguel the relationship angel, and many more.

I was fortunate to be on the committee for the food wagon this year at Garage Sale Bonanza. We had a good time working together and I would like to send out a very special thank you to Mary Smith for allowing us to use her trailer, Sam Howard for transporting the trailer, and Eric Tressler for the use of his generator. Without the generosity of these people, we would not have been so comfortable serving the food. This enabled us to function more efficiently in the process.

We have Ted Quirke and his wife Geri to thank for preparing the sloppy joes and setting up the trailer for the food preparations. Samantha Howard and Michael Weldy were a tremendous help in setting up each morning.

The workers in the booth were awesome. They included Connie Ellen, MaryAnn Steadman, Jan Baber, Ramon Lopez Jr., Catharine McKibben, June Gore, Wendy Noce, Nik Tressler, Brad and Susan Tachar, and Sonya Hoplight.

Thank you all for your time as I know how precious that is. I hope to see you all there next year as well.

Cindy Hoplight

Passings

We remember the families of

Celia E. Wright, wife of Eber Wright—June 14.

Dolores ("D") M. Brown, active in the LIVING! with Cancer Support Group—June 11.

Eric Stenger, son of Francis and Fedora Stenger—June 12.

Kenneth Morris, Susan Hewins' son-in-law—June 25.

RoJean M. Rogers, Rena Lillie's mother—July 20.

Ethel Hoke, Russell Frick's aunt—August 3.



If you have a message to share with the readership of SPIRIT, you are invited to send it to wtlc@suite224.net.

Regularly Scheduled Groups & Classes

Movement Classes

Circles

Yoga

with **Vickie Giangola**

Tuesday 5:30 pm \$11/\$10

Yoga is a mind, body, spirit experience. Vickie teaches a gentle-to-basic hatha style yoga, flowing from one pose to the next. Emphasis is on asanas (postures) and breathing. This class is suitable for any level of experience, using modifications if necessary.

Dance with Brenda

with **Brenda Angle**

Learn the joy of dancing from this pro. If you can walk, you can dance. Whether you dance or NEVER dance, Brenda can teach you basics to transform your style. She teaches Foxtrot, Waltz, Disco, Swing, and your requests!

Private Lessons by Appointment:

Singles or Couples **\$25/hour**
Groups (minimum 6) **\$35/hour**

Poets' Circle

with **Colleen Crawford**

2nd Sunday, 2:30 pm Fee: \$5

Discovering the undiscovered.

Exploring insights,
feelings and questions.

Accessing and hearing the poetic
voice within.

To form a circle around
our felt-senses and their expression
is to create a pathway
to places we have perhaps
not even imagined.

Chi Kung Energy Classes

with **Henry Story**

Chi Kung is movement with body-mind awareness. These exercises teach:

- Non-aggression and relaxation
- Self-control and self-confidence
- How to make right choices
- Improved relationships

Monday-6:00 pm

Tuesday-10:00 am

Thursday-10:00 am

Friday-6:00 pm

Fee: \$7.50

Special Offer:

1 person/10 weeks/2x a week \$50
2 persons/10 weeks/2x a week \$65
3 persons/10 weeks/2x a week \$105

Special Needs:

1 person/10 weeks/2x a week \$30

All are invited for one free class.



T'ai Chi

with **Susan Deak**

Monday 1:00 pm

Thursday 11:30 am

\$5/\$3 Seniors

T'ai Chi becomes a moving meditation. Come, feel the energy!

Seniors are welcome in any class.

Hawaiian Dance

with **Louise Torok**

Tuesday 4:30 pm Donation

Hawaiian dance is gentle and graceful, giving the dancer an opportunity to stretch muscles not often exercised, and to reduce stress.

Hawaiian dance tells stories with hands and feet. Come, learn the Kahola and Hela steps for fun and fitness.



Drum Circle

with **Bob Sabo**

1st Saturday 8:00 pm Fee: \$5

A drum circle is many things. It's a journey to healing, relieving stress, and a whole lot of fun. The main focus of this drum circle is to send out healing energy to the earth, people, and universe. We will have a prayer or a short meditation.

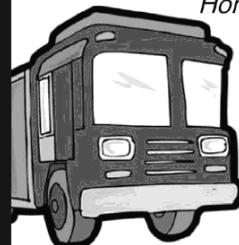
Come! Join us on a wonderful journey with the spirit of the drum. Bring hand drums, rattles, other percussion noise makers, and most importantly—yourself!!

"If a man loses pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured, or far away."

Henry David Thoreau

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Regularly Scheduled Groups & Classes

Spiritual Growth

Emergence

facilitated by **Vince Lisi**

Tuesday 1:30 pm Fee: \$10
Optional Meditation 3:00-3:30 pm

The Enlightenment Study Group is studying the book, *Emergence*, by Barbara Marx Hubbard. The book highlights Barbara's vision of the evolution of humanity, and especially the evolution of each person. A feature of the book is the integration of one's daily self into its beloved higher self. Everyone is welcome without any requisite of having read any particular book—just a "willing spirit" makes you quite prepared.

A Course in Miracles

with **Vince Lisi**

Tuesday 7:00 pm Fee: \$10

A Course in Miracles has helped many transform their lives. Anxieties have been lifted, despair replaced by hope, and negativity replaced by a positive mental outlook. Students find miracles taking place in their own lives.

Exploring God's Heart

at **Bill Bruehl's Home**

4082 Huntington Court, Ashtabula

2nd & 4th Sunday 7:30 pm Donation

Join us in exploring our relationship with God and one another.

Let's find a place that allows all kinds of insights to mingle as we make this spiritual journey.

Come! Discover new paradigms as we share insights about Life that have helped us handle some of our life challenges.

Mystical Council

with **Cindy Fish**

3rd Wednesday 7:15 pm Donation

Mystical Council for women who know that by changing themselves they can change the world, who want to do deep-processing work in order to stand more fully in their power, and who are interested in discussing what is going on in the world from a mystical point of view.

Integrating Head and Heart

inspired by **Jim Royster**

4th Thursday 7:15 pm Donation

This group, an outgrowth of the class Activating Head and Heart series that Jim Royster led, is continuing to explore the theme of coming to know more fully who we are as spiritual beings.

Healing

Reiki Healing

facilitated by **Cheryl Shortridge**

2nd Saturday 10 am
Gratuity Accepted

Reiki is a widely known form of healing through direct application of Ki. Ki is the term used by healers and martial artists for the underlying energy of which the universe is made. A session can ease tension and stress, and can help support the body to facilitate healing on all levels—physical, mental, emotional, and spiritual. Anyone who wants to experience the benefits of Reiki Healing Energy is invited to come for a treatment. Stones, crystals and tuning forks are also used.

Yuen Method Healing

with **Dick Mueller**

3rd Sunday 12:15 pm Donation

This session is an opportunity for Yuen Method practitioners to facilitate healing, and for people who would like to experience the Yuen method.

Meditation

with **Lonny Johnson**

2nd Wednesday 11:00 am Donation

Bring a few thoughts written down that you would like to meditate upon. Include anything—big dreams or goals for yourself or for the world, or maybe for things you would like to see improve. Maybe you just would like to help put something good out there just to see what good thoughts and feelings can happen, or what improvements can be made. Even just within yourself towards more self-realization in a worldly mind. Go beyond self-doubts.

Support Groups

Lupus Share & Talk

with **Brenda Angle**

Quarterly Meetings

March, June, September, December
Next meeting September 11, 1:30 pm

The diagnosis of Systemic Lupus Erythematosus has a major impact on the patient, as well as family and friends. At *Lupus Share & Talk*, we share a warm, friendly atmosphere where we express our hopes, fears and concerns. Coping with a chronic illness can be very lonely, so plan to attend our fun-filled gathering. Bring a family member or friend. Refreshments are served.

For more information about this or to make reservations for a new patient class, contact Brenda at 440-964-5458.

LIVING!..with Cancer

Support Group (LwC)

Weekly support Friday 10:15 am
Potluck 1st Friday Noon

Come share the fellowship, ways of living with the process, and the support of others who share the experience either as patient, survivor, caregiver, or family member. All activities are free.

Conscious Eating:

Healthy Eating Support Group

facilitated by **Cindy Fish**

4th Wednesday 7:15 pm Donation

Conscious Eating will help people become the expert of their own bodies, to regain power over their food and their lives. The program teaches people how to listen to their bodies and how to respect and respond to what their bodies are telling them.

Explore possibilities you may not have thought about before. Come and try samples of new and delicious healthy choices.



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