

# **HOLISTIC \* HEALING \* MASSAGE \* WELLNESS Fall 2011 CLASSES BY KAREN STASHEK**

**Thurs, Sep 22 – Meditation & Prayer – 6-8pm, IPC Dining Quad**

**Thurs, Sep 29 – Attaining Success in Life – 6-8pm, IPC Dining Quad**

**Thurs, Oct 6 – Basic EFT (Emotional Freedom Technique) – 6-8pm, IPC Dining Quad**

**Thurs, Oct 13 – Meet Your Spirit Guide – 6-8pm, IPC Dining Quad**

**Thurs, Oct 20 – Stop Smoking Class – 6-8pm, IPC Dining Quad**

**Thurs, Oct 27 – Weight Loss/Healthier Eating – 6-8pm, IPC Dining Quad**

**Wed, Nov 2 – Intuitive Healing w/ Essential Oils – IPC Dining Quad**

**Thurs, Nov 3 – Lakota Rain Drop Technique – 6-8pm, IPC Dining Quad**

**Thurs, Nov 10 – Ear Candling – 6-8pm, IPC Dining Quad**



To register, call LCC @ **454-5311**

or Karen Stashek @ **425-9003,**

or e-mail

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