

# HEALTH & WELLNESS SEMINARS

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**@ THE COMMUNITY HOUSE**

**JAN  
12TH  
1-2 PM**

## **INTERMITTENT FASTING**

LEARN HOW INTERMITTENT FASTING HELPS TO RESET THE BODY, IMPROVE MENTAL HEALTH, AND PROVIDE METABOLIC BALANCE. IN THIS SEMINAR YOU WILL LEARN WHEN TO EAT RATHER THAN FOCUSING ON WHAT TO EAT TO IMPROVE HEALTH OUTCOMES.

**FEB  
9TH  
1-2 PM**

## **BUILDING A STRONG IMMUNE SYSTEM**

LEARN WHAT FACTORS CONTRIBUTE TO WEAKENING THE IMMUNE SYSTEM, WHAT HELPS TO BUILD THE IMMUNE SYSTEM AND SIMPLE WAYS TO BUILD HABITS TO KEEP YOU WELL.

**MARCH  
9TH  
1-2 PM**

## **ESSENTIAL OILS & AROMATHERAPY**

LEARN HOW TO USE AND INCORPORATE ESSENTIAL OILS INTO YOUR HEALTH ROUTINE FOR IMPROVED OVERALL HEALTH.

**APRIL  
13TH  
1-2 PM**

## **HOMEOPATHY & BACH FLOWER ESSENCES**

LEARN WHAT HOMEOPATHY IS, HOW TO USE IT, AND HOW TO INCORPORATE FLOWER ESSENCES INTO YOUR ROUTINE TO BALANCE EMOTIONS.

**FREE FOR MEMBERS AND \$10 FOR NON MEMBERS**