



## **A "How-To" Self-Care Series**

**3 Saturdays — all day — 9 am to 4 pm**

**Oct 25th, Nov 15th, Dec 6th (2008)**

**590 Harmony Drive, Sedona, Arizona**

nagging pains ? — out of reach health insurance  
got health problems ? — don't know what supplements to take?

don't know how to improve wellness or what herbs to use

**LEARN "HOW-TO"**  
**EFFECTIVELY AND SAFELY**

**Stop pain and mental anguish**  
**Evaluate your wellness**  
**Manage your health**  
**Help others improve their health**  
**Prevent illness and save \$\$\$**

confused about how and where to get help ?

*Either print out this brochure and registration in order to fill out and mail it in with your payment or select your event, register and pay online:*

<http://www.beverlycoleman.com/shop.htm>

## A How-to Series — Hands on Instruction— Teaching Safe Ways to Care For Yourself and Others

### Session 1 — Oct 25th How to Evaluate Your Wellness and Health Needs

#### **YOU WILL LEARN A LOT ABOUT YOURSELF AND OTHERS BY LEARNING TO USE**

- The Coleman Wellness Self Test which you can take on line before coming
- The influence of your beliefs, thoughts, emotions, physical (diet/exercise) and social life on your over all health
- Determining your physical type using the Metabolic Typing and actual Blood Typing tests. These tests, muscle testing and the pendulum can help determine what type of diet is best for you.
- Determining which systems of your body might be malfunctioning or need a "tune-up" (You will learn the alarm points of the body and the basics of reading your lab test results (if available).

(You will receive a personal wellness profile in order to further manage your health.)

### Session 2 — Nov 15th How to Use Herbs Safely to Improve Your Wellness

#### **YOU WILL LEARN A LOT ABOUT HERBS AND HOW TO USE THEM SAFELY AND YOU WILL PAR- TICIPATE IN MAKING HERBAL**

- How to grow and use wheat grass
- Infusions and Decoctions
- Extracts and Tinctures
- Poultices and Fomentations
- Suppositories
- Salves and Liniments
- Using herb powders and granules
- How to use Essential oils for wellness
- How to make Formulas

(Those who attend Session 1 will be the subjects for whom we make the appropriate herbal formulation(s) at Session 2.)

- Smoothies that promote healing

(How to make smoothies with nutrient dense foods and with herbs)

### Session 3 — Dec 6th How to Treat Health Challenges Safely, Naturally, Effectively

#### **YOU WILL ENJOY LEARNING TO USE THESE SELF-CARE SKILLS ON YOURSELF AND OTHERS**

- Of first importance: When to call a doctor and when to help yourself.
- Natural Ways to Cope With Emergencies
- Breathing to manage stress
- Foot Herbal Soaks and Massages
- Abdominal Packs (castor oil and fresh ginger)
- Magnets to Manage Pain
- Nutritional Smoothies
- Selection of quality supplements
- How to stay healthy during holidays

(Everyone will receive a folder with charts and instructions.)

## Registration

**Deadline — 7 days before each session**

**Sessions limited to 12 participants so**

**REGISTER NOW! to reserve your space**

(no refund 6 days before the event. can transfer 50% of the unused fee to a future session or wellness service)

Session 1 Evaluations 10/25/08	\$100
Session 2 Herbs 11/15/08	\$100
Session 3 Treatments 12/6/08	\$100
All 3 Sessions paid in advance	\$275

Snacks and beverages are included. Participants are invited to bring a bag lunch or enjoy a delicious vegetarian catered lunch for an additional \$12.

**Welcome to the Self-Care Series!**

name
address
City/state/zip
phone
email

Please make check payable to Beverly Coleman  
590 Harmony Drive, Sedona, AZ 86336 or  
VISA/MC/PAYPAL available online at  
[www.beverlycoleman.com/shop](http://www.beverlycoleman.com/shop)  
To contact Beverly Coleman, email  
[wellness@beverlycoleman.com](mailto:wellness@beverlycoleman.com) or call 928 204-9233

<small>Additional Workshop Benefits Participants will receive a 10% discount on any products purchased during this event <i>Selected Supplements—Herbs—Books Distillers — Vita-Mix—Household soaps/Cleaners <b>GREAT HOLIDAY GIFT ITEMS!</b></i></small>
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