

Free Health Naturally Classes for 2025



Time-6:30- 7:30 on Thursdays Call today to reserve your seat.

989-684-9701

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| January | 16 | NEW: Wellness Library Intro with Barb Casper |
| February | 20 | Discover Your Bach Flower Remedy with Tina
https://holistichealth4unme.abmp.com/health-assessment-forms |
| March | 20 | Let Food Be Your Medicine with Tina |
| April | 17 | To Juice or Blend for health, Spring cleanses with Tina |
| May | 15 | The Lymphatic System with Tina |
| June | 19 | Parasites: Evicting the Unwanted Guests with Tina |
| July | 17 | Basics of RBTI Test of pH (saliva & urine) with Evie Noel
<small>RBTI is a non-invasive seven-part test completed on fresh samples of urine and saliva. Urine-Tests carbs, conductivity, cell debris, nitrate nitrogen & ammonia nitrogen. Saliva test pH. Followed by food and or supplements suggestions.</small> |
| August | 21 | Benefits of Bowen Therapy with Mary Anne Malek |
| September | 18 | Kinesiology/Polarity (Muscle Testing) with Tina |
| October | 16 | Discover Your Birth Minerals with the Cell Salts with Tina |
| November | 20 | Discover Your Dominant Personality by Dr. Braverman
<small>Acetylcholine Dominant, Dopamine Dominant, Gaba Dominant or Serotonin Dominant</small> |
| December | 18 | Make Holiday gifts using Young Living Essential Oils Tina |

