

# Free Health Naturally Classes for 2026



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

989-684-9701

January	8	Genetics with Emily
	15	Start the New Year w/ Nutritional Foundations In Health w/Holly
	29	It's Time to Learn about the Harmonic Egg with Janet K
February	12	Pain / Inflammation with Emily
	19	Sound Bowls with Janet K
March	12	Emily
	19	It's Time to Learn about the Harmonic Egg with Janet K
April	9	Emily
	16	Discover Yourself through Human Design with Holly
May	14	Emily
	21	Introduction to Solex AO Inner Voice Scan with Tina
June	11	Emily
	18	Releasing Trauma with Janet K
July	9	Emily
	16	Reflexology for feet and hands with Tina & Karen
August	13	Emily
	20	Bowen Therapy benefits with Mary Ann Malek
September	10	Emily
	17	Moon Phases with Janet K
October	8	Emily
	15	Beginner Emotional Freedom Technique (EFT) with Janet K
November	12	Emily
	19	Kinesology/Polarity (Muscle Testing) with Tina
December	10	Emily
	17	Holiday Gifts using Young Living Essential Oils with Tina

