

THE GLEANINGS FOUNDATION

PRESENTS:

BALANCING THE BODY



Weekly classes
to improve your health,
vitality and sense of well-being

Our bodies are vehicles that we use to move through our lives. If our body is out of balance, it can impact our lives, causing imbalances like being overweight or underweight, emotional instability such as anxiety, panic attacks and depression and the inability to find joy in daily life.

Gain tools to move you toward your ideal weight, learn about nutritional improvement through diet and supplements, and ways to balance your mental and emotional well-being. Join Nina Zimelman for specifics to fit your particular needs.



The Harvest House

Weekly Classes

WHEN: Tuesday, April 9th from 4:30 – 5:30pm

COST: \$10 per class

WHERE: The Harvest House. Travel 2.2 miles on Mtn. Creek Road.
Turn right onto Shope Road. First house on the right.

Call (828) 479-2233 or email gleaningsfoundation@frontier.com to register.