

THE GLEANINGS FOUNDATION

PRESENTS:

BALANCING THE BODY



A Saturday Workshop
and
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.

If you are interested in tools to move towards your ideal weight, learn about nutritional improvement through diet and supplements, or ways to balance your mental and emotional well-being, join Dr. Patricia Johnson and Nina Zimbelman for specifics to fit your particular needs.

Opening Workshop

February 23rd

10:00am - 2:00pm (includes lunch)

Gleanings Foundation's Main Building

\$35 or \$30 if paid by February 20th



Weekly Classes

Offered by Nina and held 4 Tuesdays in March from 4:30 - 5:30pm

March 5th, March 12th, March 19th and March 26th.

\$10 per class

Held at The Harvest House, the first house on the right off of Mtn. Creek Road.

***Special:** Pre-pay for the Workshop and 4 classes by February 20th - \$60.

You may register for the workshop or the classes or the entire program.

You do not need to attend the workshop to participate in the classes.

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