

health

Nutrition

#4201 A

Cholesterol Facts and Fallacies

This course will include a power point presentation of facts and fallacies about cholesterol. Learn what the research really says. There will be an overview of what cholesterol is, the laboratory testing involved, functions of cholesterol, and heart study correlations. We will discuss cause and effect relationships, predisposing factors, dietary considerations, and more. Dr. Grace Brewer is a holistic health practitioner.

CONVENER: Grace Brewer (816-648-5700)

E-mail: gbrewer@everestkc.net

Web site: certifiedanimalchiropractor.com

CLASS FEE: \$9

Sec. A: 1 session; Sunday, March 29; 2:00 PM - 3:30 PM; Royall Hall, Rm. 212, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 20

Healing

#4303 A

Herbal Remedies for Common Ailments

There's an herb for every ailment, illness, and disease. From high blood pressure to heart health, allergies to menopause, we have a natural plant remedy for you! Come with your specific questions and let us help you find the best plant medicine to suit your needs. The course will include a brief presentation and extensive question and answer session.

CONVENER: Kim Oursler (816-510-4391)

E-mail: priestesskim@yahoo.com

Web site: www.goddess.meetup.com/287

CLASS FEE: \$9

Sec. A: 1 session; Saturday, May 2; 2:00 PM - 3:00 PM; Phoenix Herb Company, 4305 Main Street KCMO; LIMIT: 20

#4310 A

Humming: Healing Like the Monks

This ancient Chinese art was once used by the Imperial Healing Warriors, to bring about healing to the body, emotions, brainwaves, and chakras. Learning this new way of producing a healing frequency with your vocal cords will vibrate to your very core; a healing experience like you've never known. Dr. Banuelos is a naturopathic doctor, sound therapy practitioner, and master level in the Imperial Healing Warriors Fraternity. Bring \$35 (optional) for a Healing Frequency Tones audio CD and hand-outs.

CONVENER: Lupe Banuelos (816-645-9630)

E-mail: healer@usmo.com

Web site: www.meetup.com/Imperial-Healing-Warriors

CLASS FEE: \$9

Sec. A: 1 session; Sunday, March 22; 4:00 PM - 7:00 PM; Royall Hall, Rm. 212, 52nd St. Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 20

#4312 A

T'ai Chi for Health

Many forms of exercise tear down your body at the same time you're building it up. The combination of T'ai Chi movements can help you gain awareness of breath, posture, and stress. As you learn to move in a coordinated way you stretch and strengthen your muscles, increase the flexibility in your joints and even revitalize your organs. Even dancers can gain strength and flexibility from practicing T'ai Chi on a regular basis. In this introductory session you'll learn some basic principles which, if practiced, can improve your health.

CONVENER: Rick Mareske (816-235-1448)

CLASS FEE: \$9

Sec. B: 1 session; Tuesday, March 31; 5:00 PM - 6:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMO; LIMIT: 10

#4314 A

Transform Your Life Through Reiki

Reiki, (Ray'-key), a Japanese word for "universal life energy," is a simple, yet immensely powerful system of energy healing. Reiki is not a religion and is offered to all people from all walks of life. While the primary focus is physical healing, Reiki can also be used to heal relationships and bring about "highest good" in life situations and circumstances, including the flow of abundance. Come and learn more about traditional (Usui) Reiki and experience a sample of the Reiki energy in beautiful sacred space in the River Market. Convener will call registrants with exact location and directions.

CONVENER: Riverheart (816-472-5549)

riverheart@kc.rr.com

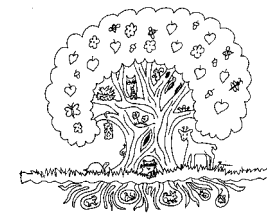
CLASS FEE: \$9

Sec. A: 1 session; Sunday, May 3; 1:00 PM - 4:00 PM; Convener will call those who register with the location and directions.; LIMIT: 14

4315 A

The Secret Life of Trees

Experience the calming effects of a walk through the forest. Begin to listen to the



voice of the trees through intuitive ears. We will learn about the bio-force, edible and medicinal properties, folklore and spirit of trees. Bring \$2 to class for handouts and "Tree" tea.

CONVENER: Regina Comperolle (816-547-0266)

Sec. A: 1 session; Saturday, May 9; 2:00 PM - 4:00 PM; Dogwood Forest, KCKS. Call for directions. LIMIT: 10

me & you

Singles

#5002 A

101 Fun & Clever Ways to Get Noticed by the Opposite Sex

The first step in starting a relationship is getting noticed. This workshop will discuss fun and clever ways to get the attention of those you wish to meet. The material is presented by Don Davidson, singles leader and publisher of Guide to Singles Groups in Kansas City. Come and have fun meeting others and contributing your own clever ways of getting noticed.

CONVENER: Don Davidson

CLASS FEE: \$9 + \$4 material fee = \$13

Sec. A: 1 session; Monday, April 20; 7:00 PM - 9:00 PM; Plaza Library, Large Room, 48th & Main, KCMO; LIMIT: 25

Relationships

#5105 A

Appreciative Loving

Chuck will discuss the theory of Appreciative Inquiry that helps people focus on the good in others. This class is an exploration about focusing on what is truly working in relationships. You have the power to teach others how you want to be treated, and to create loving relationships. Come learn how to harness that power. Chuck has a Masters in Counseling Psychology from UMKC and is also a Certified Professional Coach.

CONVENER: Chuck Franks (816-885-2526)

E-mail: chuck@innerstrengthquest.com

Web site: www.innerstrengthquest.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, March 28; 10:00 AM - 12:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20