

Herb Fest 2007

LECTURES, PRESENTATIONS & PERFORMANCES

All Free - **WITH YOUR NON PERISHABLE FOODS, DONATED TO SILVER KEY, SENIOR PANTRY**

9:00-9:45	Join us for the Opening Event!	
9:45-10:30	Cynthia Challenner, Traditional Naturopath The Natural Path 635-2879	Choosing Your Herbal Supplements with Muscle Testing Contact Reflex Analysis or muscle testing can accurately reveal the root cause of our health problems. Learn how it may even detect weaknesses before they become health concerns.
10:45-11:30	Suzanne Metzger, MA- Feng Shui Consulting Services 260-7207	Feng Shui for Herb Gardens, Patio & Small Spaces Learn how to use Feng Shui to quickly create intimate healing herb gardens and patio spaces that will bring more balance and well-being into your life. Visit www.FengShuiConsultingServices.net
11:45-12:30	Patti Barnes All Natural Creations 1502 W. Colorado 329-0180	The Real Truth Behind all Natural & Organic Beauty Products Learn about dangerous ingredients allowed in beauty products, especially parabens. Mini demo making beauty products using common kitchen ingredients
12:45- 1:30	Tiffany Schilling, Herbal Pharmacist theherbdoctor@yahoo.com 719-930-1829	Hormones Gone Wild! Are Your Hormones in Balance? Better Alternatives to Synthetic HRT- Do you have hot flashes, night sweats, raging emotions and more. Join Tiffany as she explains in easy terms, what we can do to give relief.
1:45- 2:30	Evelyn Dilworth, RN Healthy Promotions 550-0121	Seven Easy Habits of Health Enjoy Life: Learn natural sleeping aids and stress reducers. A Power Point presentation to create your healthy life!
2:45- 3:30	Dana Haefner Kamala Health & Beauty 877-424-1963 www.kamala.com	An Introduction to Indian Ayurvedic Herbs Learn how Ayurveda herbal formulas have been helping people improve their health for thousands of years. www.kamala.com
9a til 3:35p	Silent Auction	<u>Please visit the Silent Auction-last bid is at 3:35 pm</u>

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