

June Lunch + Learn Workshops

with Ciel Grove

June 7th: NUTRITION + SUPPLEMENTS
FOR BRAIN HEALTH AND MEMORY



No matter your age, it's always a good time to make sure your brain has all the nutrients necessary to function well. Come learn about the exciting new field of 'nootropics'--brain enhancers--in this workshop, maybe walking away with the potential for greater attention, memory and learning potential!

June 28th: UNDERSTANDING ADDICTION
THROUGH AN INTEGRATIVE LENS

Modern research suggests that overcoming addiction has far less to do with improving willpower than it does with learning how to effectively nourish the mind, body and spirit. Nothing short of whole-person healing can cure us of our addictive tendencies.

This workshop will offer tools and understanding so that you might approach both your addictions and those of the people around you with compassion and effective tools, learning how to truly shift your patterns and heal holistically.



Lunch is always provided! Begins @ 12:00pm

Call Maxine at 250.989.2355 to register.