



# THE FAMILY WELLNESS CENTER at BRIARSDALE

INTEGRATIVE HEALTH CARE

## *Workshops and Classes presented by Deborah Coulston, MA, MATS, LMFT*

### **How to Improve Mood with Food**

Your body is a virtual pharmacy and nutrition lays the foundation to create and support optimal brain chemistry. Learn how to harness this powerful ally in creating health and well-being.

### **Taming Fat Cravings**

Fat is what makes food taste great and what makes us feel satisfied after a meal. In this workshop, you will learn how to make fat work for you instead of against you and discover the three most important steps you can take to reduce unwanted fat cravings.

### **Got Stress?**

Life happens. Learn the simple stress reduction techniques that you can practice anywhere and that have been proven to dramatically reduce the impact of stress on your physical and mental well being.

### **Let's Get Juiced!**

This is a demonstration workshop where you will learn the benefits of cellular nutrition for optimal health. Green vegetable juicing is a powerful immune builder that fosters health, wellness and longevity. In this workshop participants will learn about the different types of juicers, benefits of juicing, and will learn the simple steps to making healthy juices and smoothies a regular part of their diet. Recipes and samples will be given.

### **Taming Sugar Cravings**

Always back by popular demand! Learn how to eliminate sugar cravings that wreck havoc with your ability to control your appetite or stabilize your mood. This is a lively workshop that teaches participants to end compulsive and over eating once and for all.

### **The Gradual (or even Occasional) Vegetarian**

Learn how to take baby steps to get some of the many benefits of one of the healthiest diets on the planet. Vegetarian, vegan and raw food diets have something healthy for everyone. Even if you can't imagine giving up a meat based diet, learn how to reap the rewards of a gradual (or sometimes) approach to vegetarian eating.

*Achieving health and well-being ...Naturally*

1000 Briarsdale Rd, Suite A Harrisburg, PA 17109 (717) 558-8500 [www.theFamilyWellnessCenter.com](http://www.theFamilyWellnessCenter.com)

## **The Top Twelve Changes to Make Now to Improve your Health**

Learn twelve life changing nutritional steps to take over the next twelve months that will radically improve your health and well-being. Choose just one change or all twelve and your body will thank you!

### **Show Your Body Some Love!**

Your skin is your body's largest organ. What goes *on* your skin goes *in* your body. Learn how to make sure that the cosmetics and personal care products you are using everyday are not harming you and making you or your children sick. There are simple steps you can take to reduce your risk of toxic exposure to chemicals that you may be using several times a day.

### **Move your Body Love your Body!**

This workshop is designed to introduce fun movement to couch potatoes. Learn how 10 minutes of exercise a day can change your life. Participants will "Un-dance" (only the worst dancers get to win) and get to try rebounding and sports hooping too!

### **Smoothie Success!**

Create delicious smoothies that can double as a meal in a glass. Learn how to create smoothies to balance your blood sugar and get your breakfast off to a great start.

### **The Ideal Plate**

Confused about what to eat or how to put together simple, balanced meals? Learn how to create the healthiest plate on the planet. Discover ways to create a plate that dazzles your palate while simultaneously creates blood sugar stability, hormonal balance, and a healthy mind, body, and spirit. Learn how food that's loaded with fiber, vitamins, minerals, and antioxidants can soothe the senses and taste great.

### **Going Organic**

Learn how to spot the "the Dirty Dozen" and determine what foods are essential to eat organic and which others you can take a pass on. You will learn how to implement small changes in your diet that will pay big rewards.

### **Deep Relaxation & Mindfulness Meditation**

In this workshop participants will learn specific mindfulness meditation, body scanning, guided imagery and deep relaxation techniques for the purpose of stress reduction and overall well being. This is a 1.5 - 2 hour workshop or can be taught as a 3-6 week session or class.

### **Preventing and Treating Depression and Anxiety . . . Naturally!**

Learn how you may be maintaining your depression or anxiety and how to create a daily lifestyle program to improve your mood and well being.

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### **Create the Life You Want . . . Really!**

Learn the simple formula for manifesting what you truly want in your life. You will learn how to create and practice the art and science of affirmations, visualization and vision boarding to bring about the changes you want to experience in your life.

### **Slow (not Fast) Food**

Learn the many benefits of the slow food revolution and how to benefit your mind and body by making simple changes in not only what you eat, but how you eat it. Learn how to bring your family back to the table and return to the fine art of eating delicious food with your loved ones.

### **Green Pearls of Wisdom**

Do you want to get on the green revolution band wagon but unsure of where to start? Or whether it makes much difference anyway? This workshop will give you simple steps and resources so you can start today to make a difference in your health, your home, your community and your world.