



# **A1 HEALTH – CLASS SCHEDULES EVENTS**

## **Do you want to Empower your Health & Emotions?**

Our aim is to teach & empower others with safe & natural tools and methods to improve your Health & Lives for the better.

Please confirm your attendance by Texting or Private message to Tanya: 0145 184 167 or Lisa: 0400 305 106

### **Please Note:**

also look out for other Events, from time to time we will do Make & Take Classes, where we will make our own Perfumes & Soaps, all enquires welcome.

**Wednesday 21<sup>st</sup> Feb 2018 – 7pm**

**Improving Our Mood + Relationships –  
Healthy & Happy Relationships in our  
Home**

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**Wednesday 28<sup>th</sup> Feb 2018 – 7pm**

**Improving our Energy – Energy to burn**

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**Wednesday 7<sup>th</sup> March 2018 – 7pm**

**Meridian & Chakra Balancing**

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**Wednesday 14<sup>th</sup> March 2018 – 7pm**

**Gut Health & Inflammation**

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**Wednesday 21<sup>st</sup> March 2018 – 7pm**

**Detoxing Our Environment – Bring you  
shampoos, laundry & dishwashing  
detergents & get them tested**

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**Wednesday 28<sup>th</sup> March 2018 – 7pm**

**Trusting you Gut Instinct when it comes to  
decisions in Life, Work, Health, Family &  
Friends**

**Free Admission**

**Lucky Door Prize will drawn on each night**