

**POSTURE, GET IT STRAIGHT!**  
**Look 10 Years Younger & 10 Pounds Thinner**

Posture affects how you look, how you feel, and how others perceive you. Poor posture is the #1 cause of back and neck discomfort and can lead to a lifetime of annoying aches and pains. In this workshop, you will learn very specific exercises to straighten your shoulders, flatten your upper back, strengthen lower back and all 4 layers of abdominal muscle. You will learn tips and techniques that will improve alignment immediately. We will discuss back-friendly ways to adjust your computer workstations or desk; how to adjust your car seat to help your posture, beneficial sleeping/resting/reading positions and much more!

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To Register, Call:</u>
01/25/12	6-7:30pm	Edina Comm. Ed.	952-848-3952
02/01/12	6-7:30pm	Minnetonka Comm. Ed.	952-401-6800
02/08/12	6-7:30pm	Bloomington Comm. Ed.	952-681-6132
02/28/12	6-7:30pm	Cottage Grove Comm.	651-458-6607
03/06/12	6-7:30pm	St. Louis Park Comm. Ed.	952-928-6442
03/17/12	9-10:30am	Delano Comm. Ed.	763-972-6210
03/20/12	6-7:30pm	Orono Comm. Ed.	952-449-8350
03/24/12	Noon-1:30pm	Stillwater Comm. Ed.	651-351-8341
04/17/12	9:30-11am	Edina Comm. Ed.	952-848-3952
04/23/12	10:30am-noon	Wayzata Comm. Ed.	763-745-5213
05/15/12	6-7:30pm	Prior Lake Comm. Ed.	952-226-0080
05/21/12	6-7:30pm	Chan/Chaska Comm. Ed.	952-226-5600

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**POSTURE AND OSTEOPOROSIS WORKSHOP: Building Better Bones**

This workshop is for those who want to learn how to improve their posture and STOP the rounding over that occurs with age. Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to stand straighter instantly. We will do specific exercises to help flatten your upper back, straighten your shoulders and flatten your midsection. We'll talk about how to reduce the risk of osteoporosis and related injuries and how to re-gain bone mass. We'll discuss the latest research findings on nutrition and talk about which forms of calcium are better absorbed; importance of magnesium, vitamin D and trace minerals for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u># To Register:</u>
02/04/12	11am-12:30	AnokaHennepin	763-506-5766
02/08/12	9:30-11am	Edina Comm. Ed.	952-848-3952
02/09/12	10-11:30am	Burnsville Comm. Ed.	952-707-4110

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**JOINT HEALTH WORKSHOP**  
**How To Have Stronger, Younger, Healthier Joints**

The human body contains 143 joints. Strong, flexible joints are needed for almost every activity we do – walking, lifting, bending, etc. Unfortunately, studies show that at any given time, 1/3 of all adults, worldwide, are experiencing some sort of joint pain. When your joints hurt, even simple movements become painful and that greatly lowers quality of life. The good news, is, your joints were meant to last a lifetime and studies are showing that you CAN reduce pain and restore your joints to a stronger, healthier condition. In this workshop, we'll talk about: various causes of joint pain; treatments currently available; pros and cons of taking prescription drugs to mask pain; latest research information on nutrients that can help repair joints; results of a breakthrough study on gelatin; simple joint lubrication movements for hips, knees and shoulders to sooth those achy joints; a few important stretches to help relieve joint compaction and increase range of motion and a simple technique that'll align joints and cut down on wear and tear.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To Register, Call:</u>
05/16/12	9:30-11am	Edina Comm. Ed.	952-848-3952

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**ABSOLUTELY ABDOMINALS:MidSection MakeOver**

We all have four layers of abdominal muscles, each with fibers running in different directions. This criss-crossing pattern shapes the mid-section and supports the lower back. There are many reasons why the abs can weaken and lose shape: past pregnancies, abdominal surgery, sitting for hours a day at a desk, to name a few. In this workshop, we will:

- Strengthen ab muscles and re-shape waistline, without getting on the floor
- Check for overstretched abdominal connective tissue. If you have this, common abdominal crunches will only serve to weaken muscles further.
- Do a simple technique that will help correct this problem
- Regain control of abdominal muscles that have been cut from surgery.
- Strengthen abdominals from the inside out & relieve lower back discomfort.
- Learn Anywhere/Anytime exercises that fit into even the busiest of schedules
- Discuss how to get rid of bloating and water retention

Don't waste your time doing traditional abdominal crunches. Come and learn how to strengthen and flatten your abdominals quickly, effectively and in a very functional way. Come prepared to exercise and bring a mat.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To Register, Call:</u>
02/09/12	6-7:30pm	St. Louis Park Comm.Ed.	952-928-6442
02/11/12	9am-10:30	North Branch Comm. Ed.	651-674-1025
02/21/12	6-7:30pm	Edina Comm. Ed.	952-848-3952
02/25/12	9-10:30am	Osseo Comm. Ed.	763-391-7119
03/05/12	6-7:30pm	Minnetonka Comm. Ed.	952-401-6843
03/08/12	6:30-8pm	Wayzata Comm. Ed.	763-745-5213
03/10/12	9-10:30am	Robbinsdale Comm. Ed.	763-504-6999
03/19/12	6-7:30pm	Chan/Chaska Comm. Ed.	952-556-6200
03/21/12	6-7:30pm	Burnsville Comm. Ed.	952-707-4110
04/21/12	10am-11:30am	Cottage Grove Comm.Ed.	651-458-6607
04/24/12	6-7:30pm	White Bear Lake Comm. Ed.	651-407-7501
04/25/12	6-7:30pm	Robbinsdale Comm. Ed.	763-504-6999
05/01/12	6-7:30pm	Forest Lake Comm. Ed.	651-982-8110
05/02/12	6-7:30pm	Waconia Comm. Ed.	952-442-0610
05/08/12	6-7:30pm	Prior Lake Comm. Ed.	952-226-0080
05/12/12	9-10:30am	Delano Comm. Ed.	763-972-6210

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**ABDOMINAL STRENGTHENERS FOR PEOPLE WITH BACK OR NECK DISCOMFORT**

If you have back or neck discomfort, strengthening all 4 layers of abdominal muscle is crucial. The problem with most ab exercises is they put too much stress on back and neck joints and can actually cause more problems than help. In this workshop, you will learn a series of extremely effective exercises that will quickly strengthen your abdominals without stressing your neck or back – all done without having to get onto the floor. No crunches allowed.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To register, call:</u>
01/26/12	6-7:30PM	Prior Lake Comm. Ed.	952-226-0080
05/07/12	6-7:30pm	Edina Comm. Ed.	952-848-3952

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**HIPS, THIGHS & OTHERWISE**

If you've noticed hip/thigh/butt spread, you are not alone and this workshop is for you. We have become a nation of professional sitters, causing lower body muscles to weaken and sag. In this workshop, you will learn: my famous '10 Minute Miracle Exercise' series to strengthen lower body muscles quickly and, in the process, increase metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; acupressure points for lymph circulation and drainage. If you don't have

time/money/inclination to haul yourself to a gym several times a week, you will love these powerful and effective techniques. Come prepared to exercise and bring a mat.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To Register, Call:</u>
01/14/12	9-10:30am	Hastings Comm. Ed.	651-480-7670
03/01/12	6-7:30pm	Edina Comm. Ed.	952-848-3952
03/03/12	9-10:30am	Roseville Comm. Ed.	651-604-3770
03/14/12	6-7:30pm	Bloomington Comm. Ed.	952-681-6132
04/12/12	6-7:30pm	Chan/Chaska Comm. Ed.	952-556-6200
04/17/12	6:30-8pm	Wayzata Comm. Ed.	763-745-5213
04/23/12	6-7:30pm	Waconia Comm. Ed.	952-442-0610
05/09/12	6-7:30pm	Robbinsdale Comm. Ed.	763-504-6999

**TOTAL BODY BAND STRENGTHENER**

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To register, call:</u>
01/30/12	6-7:30pm	Bloomington Comm. Ed.	952-681-6132
02/06/12	6-7:30pm	Burnsville Comm. Ed.	952-707-4110
02/29/12	6:30-8pm	Wayzata Comm. Ed.	763-745-5213
03/07/12	6-7:30pm	Cottage Grove Comm. Ed.	651-458-6607
03/12/12	6-7:30pm	Osseo Comm. Ed.	763-391-7119
04/18/12	6:30-8pm	Delano Comm. Ed.	763-972-6210
05/03/12	6-7:30pm	Chan/Chaska Comm. Ed.	952-556-6200
05/05/12	9-10:30am	Roseville Comm. Ed.	651-604-3770
05/14/12	6-7:30pm	Robbinsdale Comm. Ed.	763-504-6999

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**WOMEN, WEIGHT & HORMONES:**  
**7 Strategies For Fighting Fat After 40**

Are you finding that fat is collecting around your mid-section and no matter how well you watch what you eat or how much you exercise that weight is not budging? If this is your story, your inability to lose weight probably has more to do with your hormone levels than anything else. Until you discover and correct any imbalances, trying to lose weight will be like shoveling sand against the tide. In this workshop you will learn 7 key strategies for fighting fat and losing weight, including: concrete solutions (not tricks, not using your will power) for controlling appetite and cravings; which foods turn off your fat creating genes and which foods interfere with your ability to burn fat; ten simple things you can do every day to keep your metabolism burning brightly; how to tell if your thyroid is creating weight problems for you and what to do about it; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps need to

be taken to safely break the vicious cycle of hormone related weight gain; and how to help your body begin to lose weight again.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To Register, Call:</u>
02/27/12	6-7:30pm	Chan/Chaska Comm. Ed.	952-556-6200
03/23/12	10:30am-noon	Wayzata Comm. Ed.	763-745-5213
05/22/12	6-7:30pm	Prior Lake Comm. Ed.	952-226-0080
05/23/12	6-7:30pm	Shakopee Comm. Ed.	952-496-5029

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**METABOLISM BOOSTERS AND BUSTERS**

In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving and you just can't seem to lose weight. **THE GOOD NEWS** - You could lose up to 20 pounds in a year – without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. In this class, you will learn 20 SIMPLE things you can do every day to boost your metabolism and burn as much as 30% more calories every day. Learn little things you may be doing that actually slow your metabolism.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To Register, Call:</u>
03/10/12	11am-12:30	Robbinsdale Comm. Ed.	763-504-6999
03/17/12	11am-12:30	Delano Comm. Ed.	763-972-6210
05/16/12	6-7:30pm	NorwoodYoungAmerica	952-467-7390

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**POSITIVE APPROACHES TO PERIMENOPAUSE & MENOPAUSE**  
**Strategies For Restoring Health and Balance**

Perimenopause actually starts around the age of 35 for most women and can last 10-15 years. Common symptoms include: fatigue, mood swings, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, migraines, fibroids, exaggerated PMS and more. In this workshop, you'll learn effective, self-help techniques. We'll discuss: what causes symptoms and how to get rid of them; how to get hormone levels measured – blood test vs. saliva test and what to do with the results; traditional HRT vs. bio-identical hormones; acupressure points and breathing techniques to decrease hot flashes and other symptoms; nutritional musts; and a simple posture improvement technique. You will leave with multiple tools and techniques for restoring health and well-being.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To Register, Call:</u>
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TO BE ANNOUNCED

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**IS YOUR WAISTBAND TOO TIGHT TODAY?**  
**6 Strategies to Win The Battle Of A Bulging Belly**

Have you ever found that in the a.m. your pants fit fine but by mid-afternoon, the waistband squeezes you like a tourniquet? Or that no matter how many crunches you do, your stomach still hangs out? Getting rid of a potbelly is much more than just doing abdominal exercises. In this workshop, you will learn the main causes and 6 strategies for getting rid of belly bloat. Wear comfortable clothes as we will do a few ab exercises designed to strengthen all 4 layers of abdominal muscle so that you no longer have to waste your time on crunches.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u># To Register</u>
01/24/12	6-7:30pm	Waconia Comm. Ed.	952-442-0610
02/02/12	6-7:30pm	Eden Prairie Comm. Ed.	952-975-6947
02/04/12	9-10:30am	AnokaHennepin Comm.Ed.	763-506-5766
03/22/12	6-7:30pm	NorwoodYoungAmerica	952-467-7390

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**THE ART OF DE-AGING**  
**20 Simple, Scientifically Proven Things You Can Do Right Now To Peel Years Off Your Biological Age**

Your chronological age is the number of years lived. That is a fixed number and cannot be changed. Your biological or body age, however, is measured by how well all of your organs and body systems work. And there are many things you can do to affect your biological age. You have more control over how your body ages than you may think. Research has shown us that you can peel years off your bio age. In this workshop, you will learn 20 simple, scientifically proven things you can do right now to decrease your body age. Help yourself look better, feel younger and age with health and vigor.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To Register, Call:</u>
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**TO BE ANNOUNCED**

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**FIT & FABULOUS IN YOUR 40's, 50's and Beyond**

Researchers are predicting that lifespan for people who are now in their 40's and 50's is anywhere from 90-100 years. The goal is to live longer and be healthy enough to enjoy it. You can't change your chronological age but you CAN shave years off your BioAge. Studies show you can be 50 and have the physiology of a 30 year old, (and vice versa), depending on how well you take care of yourself. What you do now greatly affects future health and well-being. Nothing beats good health! In this workshop, we'll discuss simple steps to help make you as healthy as possible; how to shave years off your biological

age; dumb health mistakes even smart women make: 10 easy metabolism boosters to get rid of extra weight; what tests to ask for at your yearly physical; how to look and feel your best, plus more.

Date                      Time                      Location                      To Register, Call:

**TO BE ANNOUNCED**

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**THYROID INFORMATION WORKSHOP**

Are you one of the millions of Americans who suffer from low thyroid function? Fatigue, weight gain, depression, anxiety, arthritis, rising cholesterol levels, foggy thinking, inability to focus, thinning hair, skin, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms for low thyroid. In this workshop, we'll discuss:

- How low thyroid function can make any illness worse.
- The 5 things that need to be measured (but usually never are)
- Why the most commonly prescribed hormone may not be helping you at all.
- Different treatment options
- How thyroid malfunction can be the source of joint aches and pains, including fibromyalgia
- Foods that can help or hinder thyroid function
- Commonly misunderstood rules for when and how to take thyroid meds.
- Environmental triggers
- New TSH recommendations from The Amer. Assoc. of Clinical Endocrinologists
- If you currently takes thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know.
- Info you need to discuss with your doctor

Once your thyroid function is tested and treated properly, your quality of life may improve dramatically. You deserve to feel strong, be healthy, and live fully.

This workshop is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional.

Date                      Time                      Location                      To Register, Call:

01/23/12	6:30-8pm	Delano Comm. Ed.	763-972-6210
01/28/12	11:15am-12:45	Centennial Comm. Ed.	763-792-6100
01/31/12	6-7:30pm	Robbinsdale Comm. Ed.	763-504-6999
02/25/12	11am-12:30	Osseo Comm. Ed.	763-391-7119
05/05/12	11am-12:30	Roseville Comm. Ed.	651-604-3770
05/10/12	6-7:30pm	Cottage Grove Comm. Ed.	651-458-6607

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**OVERCOMING CARBOHYDRATE CRAVINGS**

Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype – just the facts.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To Register, Call:</u>
01/28/12	9:30-11am	Centennial Comm.Ed.	763-792-6100
02/11/12	11am-12:30	North Branch Comm.Ed.	651-674-1025
02/15/12	6-7:30pm	Prior Lake Comm. Ed.	952-226-0080
03/03/12	11am-12:30	Roseville Comm. Ed.	651-604-3770
03/24/12	noon-1:30pm	Stillwater Comm. Ed.	651-351-8300
04/11/12	6-7:30pm	Forest Lake Comm. Ed.	651-982-8110
04/16/12	6-7:30pm	Osseo Comm. Ed.	763-391-7119
04/19/12	6-7:30pm	Robbinsdale Comm. Ed.	763-504-6999
04/21/12	8:15am-9:45am	Cottage Grove Comm. Ed.	651-458-6607
05/12/12	11am-12:30	Delano Comm. Ed.	763-972-6210

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**TURNING BACK THE CLOCK!**  
**Super Nutrition for Health & Wellness**

Research is showing us that we can set back our biological clock, like rolling back the miles on a car’s odometer. Unlike the age reflected on your driver’s license, your biological age (how well your body actually functions) can be radically altered. What you eat every day influences your body’s health and risk for disease as well as it’s aging process. This workshop will show you how to stay younger and healthier longer by giving your body exactly what it needs!

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To Register, Call</u>
<b>TO BE ANNOUNCED</b>			

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**VITAMINS & HERBS: FACTS AND FALLACIES**

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (The instructor DOES NOT sell any supplements). Also, we’ll discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, and herbal preparations such as St. John’s Wort, Ginkgo, Ginseng, Echinacea, & DHEA.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To</u>
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**TO BE ANNOUNCED**

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**JUST BREATH!**  
**Techniques To Increase Health & Well-Being**

Scientists are studying and beginning to understand what ancient civilizations knew long ago – that breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice for improving energy levels, health and well-being. In this workshop, you will learn a complete course of 8 ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; strengthen connection between body, mind and spirit; awaken creativity and intuition and actually help strengthen your back and abs from the inside out. The simplest and most powerful technique for optimum health of mind and body is absolutely free and literally right under your nose.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>Call To Register:</u>
01/14/12	11am-12:30	Hastings Comm. Ed.	651-480-7670
01/28/12	11am-12:30	Centennial Comm. Ed.	763-792-6100
04/30/12	6-7:30pm	Osseo Community Ed.	763-391-7119

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**STRESS-BUSTING STRATEGIES FOR BUSY PEOPLE**

Do you have too much stress in your life? Stress not only causes a multitude of physical and emotional problems, but it will age you quicker and more efficiently than time itself. In this workshop you will learn: the damaging effects of stress on your nervous system; how to keep stress from ageing you; one minute stress busting techniques that can easily fit into your busy day; breathing techniques to calm the nervous system; ways to decrease stress hormone levels; how different types of foods, colors, surroundings, and even music can increase or decrease stress.

<u>Date</u>	<u>Time</u>	<u>Location</u>	<u>To Register, Call:</u>
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**TO BE ANNOUNCED**

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**ANTI-STRESS FOODS**  
**Learn How To Counteract The Harmful Effects of Stress**

Simply defined, stress is any physical, mental or emotional strain placed on your body. In this day and age, who among us is not stressed? Every day we deal with jobs, kids, spouses, houses, the economy, terrorism, etc. Stress can be very damaging because, among other things, it uses up your vitamins and minerals at a rapid rate. Stress left unchecked can deplete us and grind us down. In fact, all the symptoms associated with stress – irritability,

**racing heart, headaches, high blood pressure & insomnia actually have been found to be deficiency symptoms of all the nutrients depleted. In this workshop, you will learn which nutrients are depleted and which foods can counter-act and reverse the harmful effects of stress. We'll discuss simple stress reduction techniques that can easily fit into your day.**

**TO BE ANNOUNCED**

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**HEART HEALTH FOR WOMEN**

**Heart disease is the #1 killer of women. In fact, heart disease kills ten times more women each year than breast cancer. Symptoms are different for women than men so many symptoms are ignored or go unrecognized. You have the power to control, prevent and, in some cases, reverse heart disease. In this workshop, we'll discuss all the things you need to know: signs, symptoms and risk factors of a heart attack; hormones and your heart; foods that can help prevent and reverse heart disease; nutrients that are particularly helpful for heart health; exercise and the 4 numbers you need to know that could save your life.**

**TO BE ANNOUNCED**

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