

*Growing Healthy Homes presents*

## Choose Life Wellness Workshops



**Friday and Saturday, January 29 and 30, 2010**

Clarion Suites San Antonio/Ft. Sam Houston

3855 N. Pan Am Expressway

San Antonio, Texas 78219

**Seating is limited!**

**RSVP** to Sera Johnson at [sera@integrity.com](mailto:sera@integrity.com)

**Registration Form with Fees due** by Wednesday, January 20th

Send registration form and check or money orders made out to Sera Johnson to  
24015 Thistlegate Court, Spring, TX 77373

**Friday, January 29, 2010**

2:30 - 3:00pm - Registration

3:00 - 5:45pm - Abundance in 2010: Growing Your Young Living Business

**Cost: pre-register by January 20th - \$10 per person/\$15 per couple**

**after January 20th - \$15 per person/\$20 per couple**

Join Debra Raybern, Young Living Platinum, as she shares the steps to success in building a large and successful Young Living Organization while helping others achieve their full health, wellness and financial potential. Whether you are looking to provide a second (or even primary) source of income or just want to earn enough to pay for your own Young Living products, this workshop is for you!

5:45 - 6:45pm - Optional Dinner

**Cost: \$12 per person** (Must pre-register to attend)

Made fresh from Farmer's Market ingredients, enjoy an Italian Dinner complete with salad, dessert and beverage while visiting with Nutrition 101: Choose Life! authors Debra Raybern and Sera Johnson.

7:00 - 9:00pm - Introduction to Essential Oils

**Cost: FREE - Bring a friend!**

Pure essential oils have been known since biblical times as life enhancing gifts from God's plant kingdom. Today, they are reemerging as a key solution to restoring health. Debra will share essential oils basics and many internal, topical and aromatic therapeutic uses for the whole family.

**Saturday, January 30, 2010 (continued on next page)**

Growing Healthy Homes LLC is a publishing house whose mission is to educate families regarding God's plan to optimum health as outlined in the Bible through books, curriculum, media and educational materials.

Debra Raybern, N.D., M.H., C.N.C., I.C.A. (naturopath, Master Herbalist, Certified Nutrition Counselor, Internationally Certified Aromatherapist) is the founder of Sharing Great Health, Inc. with nearly two decades of personal and professional experience in helping families regain and maintain optimum health through natural health and wellness solutions. Debra is the author of *Gentle Babies: Essential Oils and Natural Remedies for Pregnancy, Childbirth and Infant Care* and a co-author of *Nutrition 101: Choose Life!*

Sera Johnson is a home school mother of four and the president of operations for Growing Healthy Homes LLC. As the former self-labeled "Fast Food Queen," Sera loves to share the testimony of her family's journey from junk food to God's food while overcoming chronic illnesses through the food and plants God has provided for abundant health. Sera is a co-author of *Nutrition 101: Choose Life!*

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**Saturday, January 30, 2010**

**Seating is limited!**

**Cost: One or all workshops - pre-register by January 20th - \$10 per person/\$15 per couple after January 20th - \$15 per person/\$20 per couple**

8:30 - 9:00am - Registration

9:00 - 10:30am - Women's Health

From puberty to menopause, pregnancy and childbirth, join Debra Raybern as she shared the many natural ways to balance your hormones, enhance your health and more!

10:30 - 11:30am - Family Health and Nutrition

Debra will share many natural solutions to common family health issues using essential oils, natural remedies and nutrition.

11:30 - 12:00pm - What About Picky Eaters?

Sera Johnson will share her experience of transforming her family's eating habits and how you can, too!

12:00 - 1:00pm - Optional Lunch

**Cost: \$10 per person** (Must pre-register to attend)

Made fresh from Farmer's Market ingredients, enjoy a chicken, homemade soup and salad buffet complete with beverage and dessert while visiting with Nutrition 101: Choose Life! authors Debra Raybern and Sera Johnson.

1:00 - 2:15pm - Emotions and Physical Health

Are emotions linked to physical health concerns? "Bitterness is rottenness to the bones" from Proverbs in the Bible is just one of many references to emotions and their ties to physical health. Many modern health challenges have unresolved emotional and/or spiritual roots. When the underlying cause is addressed, the problem goes away. Join Debra as she reviews scientific research and the role essential oils can play.

2:15 - 3:00pm - Stories of Wellness, Purpose and Abundance

Listen to fascinating success stories of wellness, purpose and abundance.

**Registration Form (see next page)**

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**Choose Life Wellness Workshops**

**Registration Form**

**RSVP** to Sera.Johnson at sera@integrity.com

and

**Pre-register by January 20th**

by mailing this completed form along with check or money order made out to Sera.Johnson to  
24015 Thistlegate Court, Spring, TX 77373.

**Name** \_\_\_\_\_

**(You may include attending spouse on this form with adjusted fees. All other guests must fill out separate forms.)**

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Home phone** \_\_\_\_\_ **Cell Phone** \_\_\_\_\_

**E-mail Address** \_\_\_\_\_

**Friday, January 29, 2010**

- Abundance in 2010 - Growing Your Young Living Business  
**Cost:** pre-registration by Jan. 20 - \$10 per person/\$15 per couple,  
after Jan. 20 - \$15 per person/\$20 per couple \_\_\_\_\_
- Italian Dinner - Beef and vegetarian lasagna, salad, dessert and beverage  
**Cost:** \$12 per person (must pre-register to attend dinner) \_\_\_\_\_
- Introduction to Essential Oils  
**Cost:** FREE FREE

**Saturday, January 30, 2010**

- One or all Saturday Workshops  
Women's Health  
Family Health and Nutrition  
What About Picky Eaters?  
Emotions and Physical Health  
Stories of Wellness, Purpose and Abundance  
**Cost:** pre-registration by Jan. 20 - \$10 per person/\$15 per couple,  
after Jan. 20 - \$15 per person/\$20 per couple \_\_\_\_\_
- Lunch - Chicken, homemade soup and salad buffet with dessert and beverage  
**Cost:** \$10 per person (must pre-register to attend lunch) \_\_\_\_\_

**TOTAL Pre-registration Fees due by January 20th** \_\_\_\_\_