

Growing Healthy Homes presents
Choose Life Wellness Workshops

Saturday, March 27, 2010 from 9 a.m. to 4 p.m.

1814 8th Avenue, Fort Worth, Texas 76110 (Across from Massey's restaurant)

From I-30, exit Summit/8th Avenue Go south about 1 mile, crossing Rosedale, Magnolia, Allen & Park Place). Turn right on Jefferson, then right into parking lot
From I-35, exit Allen. Go west about 1 miles. Turn left on 8th Avenue, crossing Park Place.
Turn right on Jefferson, then right into parking lot.

SEATING IS LIMITED

RSVP to Laura Hopkins at laura@growinghealthyhomes.com

Send registration form and check or money orders made out to:

Growing Healthy Homes to 106 Chester Street, Mount Pleasant, TX 75455

Pre-registration: \$10 per person; \$15 for couples

After March 17: \$15 per person; \$20 for couples

Registration begins at 8:30 a.m. — Welcome at 9 a.m.

Door prizes, including one drawing for a Raindrop Technique, will be given between each session.

What are Essential Oils and How do I Use Them?

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. Learn the basics and many internal, topical and aromatic therapeutic uses for the whole family.

Raindrop Technique

This therapeutic procedure has been documented to provide relief in cases of viral infection, scoliosis, chronic fatigue syndrome and many other conditions, but can be used proactively as well.

What's Food Got to do With It?

Everything! Learn how you can improve your family's health through nutrition while teaching the "why's" for a lifetime of wise choices. Understanding how food – both good and bad – effect the body.

Lunch break from 12 to 1 p.m. (Bring a lunch or go to a nearby restaurant)

Family Health with Oils, Herbs and Nutrition

Learn about using essential oils and natural remedies for common ailments and even more serious diagnoses. Understand simple diet changes that can ward off and mitigate illness.

Young at Any Age

Learn the secrets of living a vibrant life at any age. Energy, great health and reducing the risk of major health issues is only a great tasting drink away.

Wellness, Purpose and Abundance

Those interested in helping others achieve wellness and pursuing a business opportunity with purpose and abundance special presentation with more in-depth information.

Growing Healthy Homes presents
Choose Life Wellness Workshops

Registration Form

RSVP to Laura Hopkins at laura@growinghealthyhomes.com
and

Pre-register by March 17

by mailing this completed form along with check or money order made out to Growing Healthy Homes to
106 Chester Street, Mount Pleasant, TX 75455.

Pre-registration: \$10 per person; \$15 couples
After March 17: \$15 per person; \$20 for couples

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 _____

DATE

TOTAL

Payment method

Cash

Check

Credit card _____ **Exp. date** _____

Growing Healthy Homes LLC is a publishing house with a mission 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, Infants and Young Children* and a co-author of *Nutrition 101: Choose Life!*

Karen Hopkins is a former Home Economics teacher who developed diabetes at the age of 45 due to S.A.D (Standard American Diet). Forced to face the reality of a short lifespan due to excessively high blood sugar levels (225 mg/dl+ with medications) she reversed the prognosis in six short months without medication through the use of therapeutic-grade essential oils, Ningxia Red, diet and exercise. She and her husband, Max, are the founders of Growing Healthy Homes LLC. She has a B.S. from Oklahoma State University and is a co-author of *Nutrition 101: Choose Life!*

Laura Hopkins is a wife, mother, teacher and president of communications for Growing Healthy Homes and co-author of *Nutrition 101: Choose Life!*. Laura has B.S. in Communications from Oral Roberts University and is working toward certification with the Center for Aromatherapy Research and Education.