



THE FAMILY WELLNESS CENTER at BRIARSDALE

INTEGRATIVE HEALTH CARE

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

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.

Creating Abundance

Harness the power of the “law of attraction”. Learn the simple formula for manifesting what you truly want in your life. You will learn how to create and practice the science and art of affirmations, self-guided visualization, vision boarding and more. Take home 5 simple methods for creating a life beyond your wildest dreams!

Chocolate Lover’s Healthy Smoothies

We love smoothies at the family Wellness Center. Now we will show you how to make super healthy, antioxidant packed smoothies with unsweetened chocolate and carob for a treat the whole family will love, yes . . . even the kids. We will also show you how to make unbelievably simple and incredibly healthy desserts!

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.

Detoxify Your Life

From plastic to cosmetics to cleaners to clutter and, yes, even to relationships, this workshop will teach you how to determine and minimize your toxic load. Learn Deborah’s top tips for detoxifying your life and creating the healthiest environment inside and out. Learn to *thrive* not just survive!

This workshop is an introduction to our very popular and successful program to end cravings for sugar and white flour. Participants will be given a brief overview of the problem with refined sugars and will be introduced to our 21 day sugar detox plan for eliminating cravings once and for all.

Eating, Exercising and De-Stressing for the Optimal Brain

Whether you are having those occasional “senior moments” at 30 or are approaching the golden years, you will learn how to improve memory, cognition, focus and more with this very popular workshop. The latest research, plus practical daily tips will be presented in a lively format.

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Food Sensitivity: Gluten, Wheat, Dairy and Sugar Free!

Come learn the spectrum of food sensitivities, intolerance and allergies. Learn surprising info on food that you may not be aware of. Learn how food allergies can turn life upside down and what methods of testing are available and accurate. Food allergy or not, learn about the foods that cause inflammation for everyone, plus simple steps to eliminate allergies.

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.

Got Stress?

Life happens. How we respond to the little and big stressors that come at us will determine not only the quality of our lives but our longevity as well. An overload of stress and our reaction to it can set us up for physical, mental, and emotional distress. Learn the simple stress reduction techniques you can practice anywhere that have been proven to dramatically reduce the impact of stress on your physical and mental well-being.

Green Pearls of Wisdom

Do you want to get on the green revolution bandwagon but are unsure of where to start? From plastics to household cleaners, what we use to pack our lunch, feed our baby, clean our countertops or microwave our food in, can make a profound difference in your health and especially the health of your children. Everyday decisions can add to our toxic load or diminish it. This workshop will give you simple steps and resources so you can start making a difference in your health, your home, your community, and your world.

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.

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.

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!

Nutritional Interventions for Treating Alcoholism, Addictions, and Food Disorders

Since 75-90% of addicts of all kinds are unable to sustain sobriety over a 1-2 year period, harnessing the power of biochemical restoration through nutrient therapy offers hope and a missing link in the addiction treatment model. Nutrient biochemical restoration is based on the theory that addiction is the result of unbalanced chemical messengers in the brain; therefore, the addict is using behaviors or substances in an attempt to make him/herself feel better. This is described by researcher Kenneth Blum as “reward deficiency syndrome.” This workshop will introduce how nutrient therapy, including amino acid therapy and vitamin/mineral therapies, along with nutrition and exercise plans, can offer not only relief from withdrawal symptoms but sustained recovery.

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Preventing Estrogen and Hormone Related Cancers

Learn the most important nutrition and lifestyle changes you can make to improve your immune system and enhance your resistance to cancer. Learn how to repel cancer naturally by finding out the most important nutritional and lifestyle changes you can make to improve your immune system and enhance your resistance to cancer. Our experts will teach you simple do's and don'ts of cancer prevention. This workshop will teach you how to take the simple steps on a journey to a cancer-free life.

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. You will learn natural alternatives for preventing and treating both depression and anxiety.

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.

Show Your Body Some Love!

Your skin is your body's largest organ. What goes *on* your skin goes *in* your body. Toxic chemicals are in our beauty products and in our bodies. Without being a label-reading wizard, you can learn how to make the best and safest choices when maneuvering through the maze of skin care and personal care products. This workshop will show you the simple steps you can take to reduce your risk of toxic exposure to countless chemicals so you can protect yourself and your family.

Super 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. We teach you how to make super simple and delicious smoothies for optimal health. Take our smoothie challenge today!

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.

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. Wherever you are on your journey to health and well-being you will learn something new in this workshop.

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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.

The Happy Brain

Learn how to create a daily lifestyle program to help you weather the blues of winter. From treating SAD (Seasonal Affective Disorder) to creating a happier, healthier brain, this workshop will give you specific options for finding that eternal spring in the depths of winter. Learn how nutrition, nutrient therapy, light therapy and simple lifestyle changes can create optimal mood and well-being.

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.

The Mind Body Spirit Approach to Healing from Addictions

Learning how to integrate complementary treatment modalities, along with current traditional talk therapy, group counseling, family therapy, and self-help support groups offers significant hope for sustained recovery from addictions. Incorporating relaxation and stress reduction techniques, "prescribed" fitness plans, holistic nutrition, yoga, meditation, massage, and a variety of other integrative therapies into a personal recovery protocol creates the balance and harmony necessary for healing. Harnessing the power of a personal daily program for healing from addictions that starts where you are and incorporates mind body and spirit techniques creates a foundation from which you can grow throughout the many stages of recovery.

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!

The Twenty One Day Sugar Detox Program

This workshop is an introduction to our very popular and successful program to end cravings for sugar and white flour. Participants will be given a brief overview of the problem with refined sugars and will be introduced to our 21 day sugar detox plan for eliminating cravings once and for all.

Unchain Your Brain – Kick The Habit!

Learn how to create a daily lifestyle program to help you kick the habit. Whether you shop 'til you drop, overeat, or suffer from anxiety, depression, or an addiction, find out how nutrition, nutrient therapy, amino acid therapy and lifestyle changes can create optimal health and well-being.

Your Holistic Home Spa

Discover luxurious ways to take care of your mind, body and spirit during the harshness of winter. Do you seek a calming and soothing organic home remedy for aches and pains, dry skin, or stress reduction? Come and learn how to create this and more! Create your very own holistic home spa!

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