



# Organic Resources International

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SUBJECT: NATURAL HEALTH WORKSHOP

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## NATURAL HEALTH WORKSHOP SERIES TO BEGIN

The Natural Health Workshop....a non-profit health education organization... will begin generic, hour-long meetings on Thursday, August 25, 2005 at the Ashland Library's Guanajato Room from 7 to 8 PM. Thursday the topic will be 'Avoiding Digestion Problems.'

These Workshops explain the Natural Health Model and focus on home remedies, nutrition information, skin health, children's learning, pet health, and more. The facilitator will be Nanci Powell, long-time Ashland resident and natural health writer and Founding Publisher of *The Green Book*. Workshops are free and open to the public.

The next workshop will be held on Tuesday, September 6 at the Ashland Library with the focus on 'School Success Through Foods.'

Future topics include:

- Can I avoid indigestion & gas after Holiday dinners?
- What if I can't get a flu shot this year?
- Why would too much sunscreen be dangerous?
- Why would I be grateful for catching cold?
- Can my painful joints ever be comfortable again?
- Why are garlic and Q10 natural healing for my heart?

For more information and to reserve your space, call Nanci at 541-261-6381 or Cheri Browne at 541-512-1680.

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