

Nutrition & Herbs Center

326 W Chelton Ave Philadelphia PA 19144



COMMIT TO FIT (WEIGHT MANAGEMENT PROGRAM)

WEDNESDAY SEPTEMBER 3rd 6:45PM (8 WEEKS)

**\$20 REGISTRATION FEE, \$10 PER WEEK
(SHARON CLEMENTS)**

INTRODUCTION TO AYURVEDA PART 1

THURSDAY SEPTEMBER 4th 7-8:30PM

COST \$35 (ETHEL PARIS)

HERBOLOGY PART 1 (A 4 PART SERIES)

SUNDAY SEPTEMBER 7th 2-4PM (TONY MOORE)

COST \$35

INTRODUCTION TO AYURVEDA PART 2

THURSDAY SEPTEMBER 11th 7-8:30PM

COST \$35 (ETHEL PARIS)

HERBOLOGY PART 2 (A 4 PART SERIES)

SUNDAY SEPTEMBER 14th 2-4PM (TONY MOORE)

COST \$35 PER CLASS (\$100 FOR ALL 4 SESSIONS)

HERBOLOGY PART 3 (A 4 PART SERIES)

SUNDAY SEPTEMBER 21ST 2-4PM (TONY MOORE)

COST \$35 PER CLASS (\$100 FOR ALL 4 SESSIONS)

INTRODUCTION TO QIGONG

SUNDAY SEPTEMBER 28TH 3-4:30PM (WILLIAM LAURY)

COST \$35

REGISTRATION IS REQUIRED

For information

215-549-6151

WWW.NUTRITIONANDHERBSCENTER.ORG