

December Special Events - Online Twin Ponds Integrative Health Center



Tuesday December 1

Macrobiotic Desserts for the Holidays – Stephen Hoog

Learn to prepare delicious and attractive holiday desserts without using white or organic cane sugar or dairy. We will be emphasizing the natural sweetness of vegetables and fruits, discussing the pros and cons of alternative milks and making use of rice syrup and barley malt in our recipes. Macrobiotic principles of yin and yang are always woven into the tapestry. 6:30-9:00 pm, Cost \$40. Call to register 610-756-6867

Friday, December 4

Walk for a Happier, Pain-Free Holiday, Workshop – Betsy Wetzig

Is your walk harmful? Correct walking prevents injuries and pain, rejuvenates and de-stresses you! The easy exercises of CoordinationPattern™ Training can transform your walk into an ergonomic health creator. 7:00-9:30 pm, Register: by Dec. 1st \$30, 2 people \$45, at door \$40, Call to register 610-398-9652



Saturday, December 5

Tapping into Joy, Workshop – Meg Deak

Emotional Freedom Techniques (EFT) is a natural antidote to anxiety and depression. Experience simple tools to let go of stress, anger, fear, guilt and sadness. Amplify the feeling you want – like joy, peace and contentment. 10:00 am – noon, \$35.00. Call to register 610-504-4830