

# Healthy Inspirations - AUGUST

Health Solutions Family Center: 1 El Pueblo Ranch Way, Pueblo

Every Tuesday Night. Doors open at 5:00pm. Class begins at 5:30pm.



August 6: **Creating India Ink Greeting Cards** - presented by **Carol Ausman (Artist Extraordinaire)**

Carol will share her card making talents with us as she guides tonight's class. We will learn how to use India inks to create a colorful marbled effect for the front of our greeting cards. Who will you give your card to?

August 13: **Metaphysical Uses of Crystals and Gemstones** – presented by **Zane Grant (Crystal Practitioner and Expert)**

Tonight's class will explore the potential healing properties of crystals, how to pick crystals for different types of ailments or needs, how they work and how to use them in healing and meditation. Zane, a trained Peruvian Shaman, has been using crystals for healing, clarity and mediation for over 30 years.

August 20: **The Benefits of Essential Oils** – presented by **Shannon Brooks (Wellness Advocate)**

If you are interested in learning more about natural health, then this monthly educational series is for you! Shannon offers this workshop series revealing the benefits of essential oils and their various therapeutic properties. Each interactive session will explore the benefits of these therapeutic oils. As always, all materials will be provided and you will make a beneficial product to take home.

August 27: **Macrame** – presented by **Desi Jensen (Independent Artist and Creative Blogger)**

You won't believe what you can make with a rope and a couple of knots! This is not your mama's macramé. Desi will bring this craft into the 21<sup>st</sup> Century with a fresh take on this beloved craft of yesteryear.

**OUR CLASSES ARE FUN, FREE AND FAMILY FRIENDLY  
JUST DROP IN! NO RSVP NEEDED! SEE YOU THERE!**

**Questions? Please contact:**

**DawnY@Health.Solutions or 719.423.1196**

**Visit [www.health.solutions](http://www.health.solutions) for Healthy Inspirations schedules and more!**

