

# Healthy Inspirations - OCTOBER

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

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



October 1: Pueblo Chile Soup - presented by Jose Sanchez (Chief of Security, Soldiers Security)

The only wrong way to eat your Pueblo Chile is to not eat it enough! Jose will share his personal Pueblo Chile Soup recipe with the class, complete with a demonstration and tasting. Healthy and delicious, you are going to love this soup!

October 8: *Lava Bead Essential Oil Infused Necklace* - presented by Kathy Koen (Crafty Lady Extraordinaire)

Kathy will teach us how to make a simple lava bead necklace. Lava beads are very porous which lends to a great vessel to infuse with your favorite essential oils. Come and learn how to make a fashionable and useful piece of jewelry.

October 15: *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.

October 22: *Halloween Gift Craft* – presented by Shannon Miller (Stampin' Up Demonstrator)

Shannon will show us how to use Stampin' Up materials to create a ghoulishly good gift to give to your favorite Trick 'r Treater. Materials are always provided.

October 29: *Using Watercolors to Create Warhol Inspired Pumpkins* - presented by Jean Ray (Owner, Joifull Creations)

In this week's class Jean will guide you step-by-step on how to use watercolor paints to create a seasonally appropriate painting of a pop-art pumpkin. Come and learn how to paint with watercolors and leave with an impressive artwork to enjoy! Andy would be proud.

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

Questions? Please contact:  
**DawnY@Health.Solutions or 719.545.2746**

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

