



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUR BODY'S NATURAL ENERGY CAN BOOST VITALITY AND JOY



## EDEN ENERGY MEDICINE CLASSES Glenwood Y Holistic Center

Use your body's natural energies to boost your vitality and joy; strengthen your immune system, relieve your stress, sharpen your memory and help alleviate pain. Monthly classes are upbeat and focus on learning independent and partner exercises. Class topics will reference Donna Eden's *Energy Medicine* books – books are not required for class. Classes instructed by Jennifer F. Mills, Eden Energy Medicine Certified Practitioner and Traditional Reiki Master Teacher.

Class schedule Jan. 12, Feb. 9, Mar. 8, April 12, May 10, June 14, July 12, Aug. 9 and Sept. 13. All classes meet at 6:15 p.m..

Free for Y members; \$15/class for community members. Registration is appreciated.

[www.ymcaerie.org](http://www.ymcaerie.org)

[www.TheEnergyExperience.net](http://www.TheEnergyExperience.net)