

# Personal Growth



"Success is not measured by what a man accomplished, but by the opposition he has encountered and the courage with which he has maintained the struggle against overwhelming odds."  
- Charles Lindberg

## Lifestyle Lab **NEW**

Quick & Easy Clean Eating+

*Tammi Brochman*

Science-backed advice revealed along with practical tips and how-to's soon you'll be on your way to better health. Learn about components of a clean eating program, calculate your nutritional needs, easy menu planning, and more! (See page 5 for all details.)

#511106A

Thu Feb 7-28

6:30-8 pm

Tilden Com Ctr, #109

\$69-4 ses

## Intermittent Fasting **NEW**

*Ramona Westerberg*

Intermittent fasting goes well with the keto lifestyle. Fasting is not about starving yourself. When done right, it's an incredibly effective therapeutic approach that produces amazing results for weight loss. If you are looking to take your keto life style to the next level we will be learning about a variety of fasting protocols that can help you get to your goals.

#511128A

Tue Mar 5

6:30-8:30 pm

Tilden Com Ctr, #108

\$15-1 ses

## Keto Lifestyle 101 **NEW**

*Ramona Westerberg*

Go from a sugar burner to a fat burner. Becoming a fat burner isn't an easy task, but it can be achieved through the right diet and looking after yourself. If you're looking to burn fat off your body fat, then you need your body to get into ketosis. This is the basis behind the ketogenic diet. Come and get tips to get into Ketosis. They are proven tips so if you follow them, you should be a fat burner in no time. *RAMONA WESTERBERG is the owner and Massage Therapist at The Healing Place of Cottage Grove. She has been studying wellness through nutrition for years and has been practicing the Keto Life Style for over 5 years.*

#511127A

Thu Jan 24

6:30-8:30 pm

Tilden Com Ctr, #108

\$15-1 ses

## The Keto Diet - **NEW** Where to Begin!

*Laura Devine*

Would you like to become a fat burning machine? Do you want to lose weight, have great mental clarity at work, and have plenty of energy throughout your day? A low carbohydrate, high fat diet resets our body's metabolism to burn fat, instead of sugar for fuel. Learn how to ditch the carbs, embrace the fat, and feel the health benefits of the Keto life!



#51192A

Wed Mar 6

6:30-8 pm

Tilden Com Ctr, #108

\$15-1 ses

# Personal Growth

## This Night Will Be Habit Changing **NEW** Tammi Brochman

Humans are creatures of habit and creating REAL change involves breaking old habits and making new ones. *Do you have habits that aren't serving your health well?* Do you want to change these habits, but believe change is hard? If so, this class is for you. I believe change doesn't have to be hard and I'd love to show you some ways you can set yourself and your health goals up for success!

#511105A

Thu Jan 31

6:30-7:30 pm

Tilden Com Ctr, #108

\$9-1 ses

## Why Can't I Lose Weight? **NEW**

Laura Devine

Weight loss can be frustrating! *Do you feel like you've tried everything: exercising more, eating less, experimenting with the latest diet fads and shakes, and you're still not hitting your weight loss goals?!* This class identifies and teaches you how to overcome the hidden stressors that can prevent even the best weight loss attempts from working. If you're ready to finally reach your weight loss goals and resolve unwanted health symptoms, then this class is for you! *LAURA DEVINE is a Holistic Health Practitioner who specializes in nutrition. She resolved her own health issues naturally, and now her passion is to help others heal through food and experience true optimal health.*



#51191A

Mon Jan 28

6:30-8:30 pm

Tilden Com Ctr, #108

\$15-1 ses

## Intro to the World of Horses - No Experience Necessary!

All Ages 5 through Adults

Meet the horses at Cornerstone on the Vermillion. Meet a variety of horses including thoroughbreds, quarter horses, saddlebred's, Fresians and more. Enjoy grooming and learning about caring for a horse and developing a partnership with the horses built on trust and respect.

#59596A Mon Jan 28

6-7 pm

#59596B Sat Jan 19

1-2 pm

#59596C Sat Feb 23

1-2 pm

#59596D Sat Mar 16

1-2 pm

#59596E Sat Apr 20

1-2 pm

### Fee structure:

\$20-each, \$50-family of 3-4 people,  
or \$70-family of 5-6 people

## Building Strong Families with Horses

Ages 5 Years & Up

You've seen it on TV, now explore "*Heartland-style*" horse training, riding English and Western, roping, reining and more! Old or young, experience or none! Apprenticeships for those who are dreaming of an equestrian future!

#59599A Sat Jan 19

2-4 pm

#59599B Sat Feb 2

2-4 pm

#59599C Sat Mar 9

2-4 pm

#59599D Sat Apr 6

2-4 pm

Fee structure: \$100 for a family of 2; \$135 for a family of 3; \$170 for a family of 4; and \$200 for a family of 5+

