

January 2015

NEW SCIENCE!

HOLISTIC WELLNESS COMMUNITY
CENTER OF VENTURA



Optimal Wellness Program

PROGRAM OVERVIEW

The Dis-Ease Prevention Program for Self-Healing, Sustainability & Peace

- **SESSION 1: Dimensions of Holistic Wellness**
Higher Human Development Potential
Holistic Wellness Inventory
- **SESSION 2: Avoiding Toxins in Your Food & Environment**
Learn Which Toxins You Should Avoid
Detoxify Your Home & Work w/ Alison Carlson of
Ava Anderson Non-Toxic Products
- **SESSION 3: Nutritional Balance & Healthy Lifestyles**
Plant-Based Whole Food Nutrition
Adopting a Plant-Based Diet w/ Magda Freedom Rod
of Visionary Lifestyle
- **SESSION 4: Healing with Superfoods & Supplements**
The Benefits of Superfoods
Supplements w/ Dr. Todd Binkley of Binkley Healing
Center
- **SESSION 5: Enhancing Your Food Intelligence**
Nutritious Dietary Practices
Digestion Dos & Don'ts & Detoxifying Safely w/
Dawn Flaherty of Detox Depot Green Team
- **SESSION 6: Healthful Detoxification**
Removing Toxins from Mind, Body & Spirit
Food as Medicine w/ Bianca Martinez of
Compassionate Eating
- **SESSION 7: Cleansing with a 7-Day Juice Fast**
Lifestyle Considerations
What is a Health Crisis?
- **SESSION 8: Perception & Reality**
Definitions of Perception, Evolve Your Brain
More in 5 Minutes w/ Sue Hines of Aspects Galore
- **SESSION 9: Emotional Balance & Stress Mastery**
Emotional Guidance Scale
Stress Mastery w/ Melinda Recchi of Empowered
Living
- **SESSION 10: Unconditional Self-Love**
Self-Acceptance & Unconditional Self-Love
Aligning to Your Truth w/ de Vie of Dare to Be
Present
- **SESSION 11: Personal Empowerment**
Setting Healing Intentions
Confidence Building Exercises
- **SESSION 12: Goal Setting & Personal Mission Statement**
SMART Goals & Taking Daily Action
Individual Healing Pathways for Optimal Wellness
Closing Ceremony & Completion Certificates

\$699/person OR \$1,797/family

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The Dis-Ease Prevention Program for Self-Healing, Sustainability & Peace

PURPOSE OF THIS PROGRAM:

The purpose of this study is threefold:

- 1) to create positive change in the perception of holistic healing by both western medicine and society as a whole;
- 2) to foster growth & long-term stability in the holistic health studies programs at Ventura College, other community colleges, and universities;
- 3) And to publish our statistical data in peer-reviewed journals, newspapers and magazines to promote our program and encourage other holistic wellness or optimal health programs to commence around the world.

PROGRAM GOALS:

We believe it is your human right to have HEALTH EQUITY. You should have access to all the self-healing techniques you require to be an optimally healthy human! We've done the research to create healing pathways for many humans. We believe this program will satisfy the needs of most of humanity to achieve optimal wellness for the following three reasons:

1) TOXINS CREATE DISEASE IN THE HUMAN BODY – CLEANSING & HOLISTIC HEALING CREATES A PEACEFUL HUMAN BEING

If a human being cleanses their body and avoids as many toxins as possible (from consumed foods, environmental toxins, emotional or spiritual toxins) by switching to BOTH a Plant-Based Whole Foods Diet and a Peaceful Intentional Lifestyle, then issues like Obesity, Heart Disease, Cancer, Stress/Anxiety, and many Chronic Diseases will be resolved and stay that way for as long as this dietary shift and peacemaking energy is maintained.

2) SOMATIC AWARENESS IS THE KEY TO HOLISTIC HEALING

If a human being acquires somatic awareness, then this will assist them in both learning and holistic healing, which leads to transformative growth and infinite possibility in that person.

3) A CULTURE SHIFT WILL LEAD TO HUMAN EVOLUTION

If a majority of the local community commits to peaceful cultural unity and sustainable redevelopments, then ultimately human evolution will occur here, creating the possibility of humanity bearing witness to prosperity and abundance for all beings on Earth.

COURSE OBJECTIVES:

Program will include 12 Classes on Self-Healing, Detox/Cleansing Techniques, Plant-Based Nutrition, Toxin-Free Living, Stress Mastery, Emotional Balance, and much more, with 6 Individual Holistic Wellness Coaching Sessions (scheduled bi-weekly), and unlimited Yoga for Wellness Classes. All ages, individuals & families welcome!

COURSE ACTIVITIES:

Program participants will be asked make (positive/constructive) lifestyle changes for the duration of the program, to complete meaningful surveys about their experiences, and to record testimonials to support the development of our Optimal Wellness Programs.

Attendance at every class session will be required for participation. When all the participants are signed up, we will arrange our schedule according to everyone's availability. Classes will repeat so that attendees don't have to miss anything.