

**The most amazing
SPRING HEALTH SERIES
@ FFC**

April-June '08

FFC SPRING HEALTH SERIES APRIL – JUNE '08

RED TENT

Alternate Fridays
10:30 am – noon.

Upcoming dates:

March 28th
April 11th & 25th
May 9th & 23rd
June 6th & 20th
Free

Led by Dr. Warner, the red tent meetings are for parents & babies to gather and share their experiences. We discuss a variety of topics including birth options, care providers, alternative health choices – vaccination, extended breastfeeding, co-sleeping and much more. Looking to connect in your community? Red Tent is a welcoming circle for women, new mothers, & their babies.

ENJOY THE JOURNEY

Led by Piper Martin & Laura Foster
Tuesday evenings: 7-8:30 pm
\$20, advance sign up @ FFC

Upcoming dates:

April 8th & 29th

May 6th & 27th
June 10th & 24th

Are you interested in shifting your thinking?

LAND SOLIDLY.

Decide that you have the right to inhabit your body in a peaceful, calm & centered way.

Consider the ways in which you can support your body on every level. Repel fear based thinking and patterns.

The first session will focus on Cancer and the amount of fear it generates in our world.

SPRINGING INTO RAW

Tuesday, April 15th
7-8:30 pm

FREE, advance sign up @ FFC

This workshop is led by Jenn Pike, holistic nutritionist, and discusses the amazing benefits of a raw food lifestyle.

Enjoy the benefits of increased energy, enhanced immunity, shining eyes,

glowing beautiful skin, clearer thinking and intuition, uplifted mood, less need for sleep, calmer, more contented children, younger looks, decreased joint pain and stiffness and finally shedding excess body weight.

During this discussion you will discover:

- What raw foods are & why they are considered living foods?
- Why living, raw foods are so vital for health & vitality
- How to easily incorporate raw foods into your family's diet
- How eating more raw foods can truly alter the health, wellness and efficiency of how we live...today!
- Learn great foods ideas for quick breakfast, lunch, dinner and snacks that will leave you feeling satisfied and ready to go!

BIRTHING OPTIONS

Thursday, April 17th
7-8:30 pm

\$25, advance sign up @ FFC

This is part of our ongoing Pregnancy, Birth & Beyond workshops led by Jenn Pike, RHN & Dr. Danielle Warner, D.C.

In this particular workshop we will join a **registered midwife** and **certified doula** as they explore birthing options in the preparation for the arrival of your new baby.

HOMEOPATHY & VACCINATION

Friday, April 18th

10:30 am – 12:30 pm

\$20, includes resource binder

Advance sign up @ FFC

Come together with other parents in the community that are in the process of investigating vaccination choices. Bring your questions and concerns about the vaccination process to share and receive new perspective and information. We will also discuss the role homeopathy can play with respect to vaccination for every day and travel.

ENJOY THE JOURNEY

Tuesdays, May 6th & 27th

7-8:30 pm, see above for full workshop description. \$20

SUPPLEMENTS 101

Tuesday, May 13th

7-8:30 pm

FREE, advance sign up @ FFC

Led by Jenn Pike, holistic nutritionist.

20 Must-have supplements to consider for spring & summer. Bring your questions to this informative & interactive workshop.

PRE & POST NATAL EXERCISE PRESCRIPTION & GUIDELINES

Thursday, May 15th

7-8:30 pm

\$25, advance sign up @ FFC

Led by Dr. Warner & Jenn Pike, RHN
It appears that women who don't get enough exercise during their pregnancy become progressively less fit as the months pass on, due to extra weight gained and fatigue. A good exercise program, which can be built right into your daily lifestyle, can counteract these among many other effects. Incorporating a light fitness

routine into your pregnancy journey can help to:

- Give you more energy
- Decrease aches, pains & stiffness
- Help you feel better both physically & mentally.
 - Improve your sleep
- Strengthen muscles and increase endurance.
- Reduce constipation, bloating & swelling.
- Help you get back into pre-pregnancy shape sooner after delivery.
- Strengthening your body and endurance may even help you cope better with labour.

Please join us to discover easy and effective ways to incorporate cardiovascular, calisthenics, weight training, water workouts, yoga, pelvic toning and relaxation techniques into your every day to help you feel your pregnancy best!

SUPER BOOST YOUR IMMUNE SYSTEM

Thursday, May 29th

7-8:30 pm

\$20, Sign up @ FFC

Led by Dr. Danielle Warner, D.C. Knowing how to support your immune system, naturally, can change your life. Don't let stress get the better of you. Join Dr. Warner and discover ways to create a platform from which you can realize true health and optimize your full healing potential.

THE PROCESS OF TRANSFORMATION

Tuesday, June 3rd

7-8:30 pm

Free, advance sign up @ FFC

Led by Jenn Pike, RHN

This workshop is interactive and inspiring. Join Jenn as she encourages us to take a closer look and listen to what your body is saying and how you should respond. Create lasting, realistic changes.

ENJOY THE JOURNEY

Tuesdays, June 10th & 24th

7-8:30 pm, see above for full workshop description. \$20

GETTING TO KNOW YOUR BABY

Thursday, June 19th

7-8:30 pm

\$25, advance sign up @ FFC

Led by Jenn Pike & Dr. Warner

Interpreting and providing for your new baby's needs can often be challenging for new parents. The first year of life is a time of tremendous growth and development; understanding your infant's basic needs is key to laying the foundation for a happy and healthy childhood.

Discover:

- What your baby's body language is saying.
- Ways to support their growth and development.
- Basic sign language for you & your baby.
- And MUCH MORE!

**PLEASE CALL FFC
FRONT DESK @
905.898.8098 or email:
fosterchiropractic@rogers.com**

**for more information
and/or to sign up.**

**Please notice that Red
Tent & Enjoy the Journey
are ongoing workshops
and meet twice monthly.**

Thanks!