

# MONDAYS IN NOVEMBER

## Instructor: Margot Rossi,

M.Ac., L.Ac.

Over twenty years of clinical experience in Asian Medicine combined with raising a family has proven to Margot that healthy lifestyle choices enable everyone to be their own best health practitioner.



In her private practice, Margot offers expertise in acupuncture, botanical medicine, diet, lifestyle, mindfulness practice, and movement therapies.

She has served on the faculty and administration at

Asheville's Daoist Traditions College of Chinese Medical Arts beginning in 2003. She is trained in the Mindful Schools Educator Curriculum and is board certified by the National Certification Commission for Acupuncture and Oriental Medicine.

## Instructor: Geraldine Plato,

Integrative Nutrition Coach

Geraldine received her training as a health coach at the Institute for Integrative Nutrition in New York City. In her private coaching practice she creates dynamic partnerships that support individuals in creating a balanced lifestyle. She uses innovative and practical strategies to clarify needs, explore options, enhance personal accountability, and take action toward optimal health through whole food nutrition.

As co-founder of Possibilities of Wellbeing, Margot and Geraldine champion community wellbeing through health education, lifestyle strategies, and integrative care.



## Preventing and Treating Common Cold and Flu with

**Eastern Medicine** by Margot Rossi

**Monday, November 7 — 5 to 6:30 PM**

**Cost for classes:** \$25 each or this series of two for \$40.00

Join us for an engaging conversation about colds and flu from the perspective of Eastern medicine.

### What you will learn:

Insight into the causes of a weakened immune system

- ▶ Strategies to boost the immune system
- ▶ Guidelines to interpret your symptoms
- ▶ Recommendations for using food and herbs as medicine
- ▶ Special practices to prevent catching flu or cold, and relieve congestion
- ▶ Questions to ask your doctor when prescribed antibiotics
- ▶ Herbal medicine alternatives to antibiotics
- ▶ Tips on how to prepare for vaccinations

## Essential Oils for Treating Colds and Flu

by Margot Rossi

**Monday November 14 — 5 to 6:30 PM**

**Cost for classes:** \$25 each or this series of two for \$40.00

Essential oils are safe, powerful medicines that can be used to treat a wide variety of health issues—that is, if you know how to choose and use them properly.

In this introduction to essential oils, we'll review initial-symptom patterns of colds and flu and learn which oils are most effective to treat sore throat, all sorts of phlegm, chills or fever, nausea, earache, and congestion. Information will be appropriate for addressing symptoms in both adults and children.

We'll cover how best to use essential oils: steam inhalation, direct application, bath, or diffusion. You'll learn about sources, carrier oils, as well as storage. Bring a notebook, your questions, and be ready for an empowering conversation!

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## In The Drink Lab

by Geraldine Plato

**Monday, November 7, 14, 21, 28, 9:30 to 10:30 AM OR 5 to 6:30 PM**

**Cost for classes:** \$15 each or this series of four for \$50.00, includes samples

What your drink can influence your health as much as the food you eat.

From this series you'll leave with more than a stack of really fun recipes — you'll learn to think creatively about choosing ingredients that nourish, hydrate, and taste good. We'll use very common ingredients from your kitchen as well as experiment with new "liquid building blocks". You'll learn how to select clean products and boost the value of everything you drink.

In each class we'll make at least four libations including: cleansing pick-me-ups, simple smoothies, nutritious winter brews, fun holiday refreshments, calming nightcaps, savory concoctions, immune boosters, and medicinal herbal infusions. We'll even explore how to super-charge your morning coffee.

Register now at Galaxy Arts, Inc.

105 West Main Street, Burnsville

828.536.5266 or 828.974.2841