

## **Pre-Diabetic Workshop Coming Soon! Fun Ways to Health For Pre-Diabetics!**

Join Sheila Shea, Sugar Lady, Ann Baldwin, Master of Emotions and Alice Adams, Queen of Qi Gong for a four-session class on Mondays from 5:30 to 7:30 pm. The total cost of the 4 sessions is \$50 prepaid. The goal of the class is to reduce your sugar levels, blood lipids and weight so you don't have to take insulin. Sheila will provide homemade healthy and delicious snacks for each session. Yes, those two words DO go together.

Here's the program:

Monday September 10 – For this session bring a jar or box of your favorite snack food – not to eat – we will read the ingredients labels! Sheila will tell you what those ingredients are doing to your body and teach you about sugar and metabolism. Just to make sure you get it, we'll show a short video, "Sugar, the Bitter Truth". With Ann you will discover your stress triggers that make you eat impulsively and then learn two breathing tools to help reduce the stress and emotional eating. With Alice you will learn about Qi and Qi Gong and practice some other breathing exercises to help keep that Qi moving around your body.

Monday September 17 – With Sheila you will learn about diets and the difference between calorie dense versus nutrient dense. With Ann you will practice your two stress reduction tools while you're each connected to a computer using a biofeedback sensor. You'll see how your heart rhythm changes to put you in a better state of mind and body so that you don't keep wanting more food! Alice will get you up on your feet with more Qi Gong exercises and explain how they benefit your health.

Monday September 24 – Come ready to learn about cleansing and detoxing your insides and how to rebuild a healthy intestines with Sheila. This week Ann will focus on replacing negative emotions such as anxiety with positive emotions such as gratitude. You'll use the computers to see how feeling positive affects your heart and consequently, the choices you make. Alice will also show you how Qi Gong can help with anxiety and have you up and moving. We'll try the positive emotion exercise together with Qi Gong before we eat one of Sheila's snacks and see how it adds to the enjoyment.

Monday October 1 – Come prepared to eat! Sheila will introduce some food features and will explain the recipes so you'll be able to make them at home. With Ann you'll put all your stress reduction tools together to learn about intuitive eating and how to access your heart's intuitive intelligence so you naturally make healthy food choices. And, yes we know you still sometimes get those pangs of hunger, so Alice will focus on how Qi Gong can help with hunger. We'll end with a time of thoughtful eating and sharing our experiences of the class with each other.

How to Register: Please email or call Sheila Shea at [520-325-9686](tel:520-325-9686) or [intestines@sheilashea.com](mailto:intestines@sheilashea.com)

Cost and Payment: \$50 for the 4 sessions. Pre-paid.