

# Autumn Wisdom Courses for Parents

LightSource Chiropractic is proud to create community for you and your family to learn and be supported in your venture through Holistic Parenting! WE are welcoming several GIFTED people in our area to offer, teach and share their knowledge.

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## Back to School Wellness with Integrative Nutrition

Michele Caws, Holistic Health Counselor

**Wednesday September 12 from 10-12**

## The Art of Listening: Raising Emotionally Healthy Children

Betsy Berquist, MA Expert on Family Relationships

**Tuesday September 18<sup>th</sup> from 7-9**

## Choices in Childbirth- Choosing the Right Care Giver

Dina Aurichio, Licensed Certified Professional Midwife

**Tuesday September 25<sup>th</sup> from 7-9**

## The Optimization of Essential Oils

Judy Naturale CMP, CCA

**Wednesday, September 26th from 10-12**

## Redirecting Children's Behavior "Balancing Love and Discipline"

Sharon Silverstein introduces the concept of firm and kind, unconditional love, and the value of more action and less talk—and how to handle power struggles.

**Tuesday, October 2<sup>nd</sup> from 7-9pm**

## Chair Yoga Basics with Bonnie Pariser of Yoga Loka

Bring yoga to work, school, anywhere you sit!

**Wednesday, October 3<sup>rd</sup> from 10-12**

## Falls, Backpacks and Sugar; Understand Exactly How Stress Effects Your Child's Body and What You Can Do About It!

Dr. Jodi Dinnerman, Family Chiropractor

**Tuesday October 9<sup>th</sup> from 7-9pm**

## Fitness for Moms- Time and Energy Tips for Personal Fitness Success

Karianne Dickson, Certified Personal Trainer

**Tuesday, October 16<sup>th</sup> 7-9pm**

## Enhancing Your Child's Creative Thinking!

Hands-on exploration and discovery with unique open-ended materials facilitated by Kim Cornell

**Wednesday, October 17<sup>th</sup> from 7-9pm**

## Holistic First Aid for Your Child

Safe, gentle and natural alternative remedies for the bumps and bruises of childhood with Lesley Franco, Certified Doula / Childbirth Educator (Dr. Jodi's Personal Doula!)

**Tuesday, November 13<sup>th</sup> from 7-9pm**

**Each workshop is \$20 per person.** All held at LightSource Chiropractic, 128 Main Street, Lebanon NJ  
Babysitting is available (\$5 per child) at the Evening Workshops upon notice.

**REGISTRATION FOR EACH IS ABSOLUTELY ESSENTIAL!**

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