



Mom's Wellness Group | 2010 Monthly Meetings, from 6:30- 7:30 PM

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| March 3 | Vaccinations
How does our immune system work when we have natural immunity vs. vaccine immunity? We will provide information to clarify why natural alternatives may be preferable. |
| March 24 | Vaccinations
Follow up to our March 3rd meeting. Educating ourselves to make informed decisions. Question and Answer time. |
| April 21 | The Non-Medicine Cabinet
Learn how to treat common childhood ailments without medicine. |
| May 26 | Mother Appreciation Night
Treat yourself to a massage, paraffin dip, traction table, and some fun time with the girls. |
| June 23 | Sugar and it's Substitutes
We will share the dangers of sugar substitutes and explore different sugar alternatives. |
| July 28 | Organic Foods
Top 13 products to buy organic, and where to find them. |
| August 25 | Nutrition: How to Shop...
How to decode grocery labels. |
| Sept. 22 | MSG & Other Preservatives
What dangers do preservatives carry in our foods? |
| Oct. 27 | Food Allergies
What are common food allergies? |
| Nov. 24 | OFF- Happy Thanksgiving! |
| Dec. 22 | OFF- Merry Christmas! |