

# Jan 2009 Schedule of Classes

\$30 each class with one week prepay. \$35 at the door.

## Natural Approaches to Menopause

Jan 13 Tuesday, 6:30-8:30 pm  
Lauthr Salon  
226 Petaluma Blvd. North, Petaluma

Jan 14 Wednesday, 6:30-8:30pm  
Bellacore Fitness Center  
1372 N. McDowell Blvd. Suite D, Petaluma

## Natural Approaches to PMS and Menstrual Issues

Jan 18 Sunday, 2:00-4:00 pm  
Lauthr Salon  
226 Petaluma Blvd. North, Petaluma

Feb 6 Friday, 10:30-12:30pm  
Bellacore Fitness Center  
1372 N. McDowell Blvd. Suite D, Petaluma

## Optimal Health

Jan 28 Wednesday, 6:30-8:30pm  
Bellacore Fitness Center  
1372 N. McDowell Blvd. Suite D, Petaluma

For more information and up to date class schedule: [www.elderberrycenter.com](http://www.elderberrycenter.com)  
Dorena (707) 291-7731      dr@elderberrycenter.com

Mail Registration to: Dorena Rode (Lauthr Salon)  
226 Petaluma Blvd. North, Petaluma, CA 94952



## Registration

\$30 each class with one week prepay. \$35 at the door.

Class date(s) \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Check Enclosed       Visa     MasterCard

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_ Name on card \_\_\_\_\_