

Coming Attractions: 2024/2025

The Truth About COVID Vaccine Injury

This class will offer a balanced review of injuries due to the COVID vaccine, and solid information about how some people can recover from some types of injuries. Many people ARE injured. But many who think they are vaccine injured are not, and many health professionals have caused enormous stress by claiming that injury is more widespread than it may be. Additionally, our government stopped regulating vaccines and vaccine makers a long time ago, and instead makes it almost impossible to access the necessary data to determine how widespread the injuries are.

Weds December 11 7:30PM eastern

Members \$295/Nonmembers \$395; free for annual pass members

Join The Winners' Circle!

If you're ready to get serious, to hold yourself accountable for your own outcomes, and know you need both a system AND some help to reach your objectives, this is for you!

Who you spend time with is important and determines what and who you become. This is your chance to spend time with one of the most determined, disciplined, outcomes-based health experts in the world – regularly – who can help you to adopt thinking patterns, emotional responses, and best practices **permanently! Strong Mind + Strong Body = Permanent Change!**

Each session features a topic related to optimal health, guidance for permanent change, sharing by each participant, problem solving, and open Q&A. Sessions will be held 2 times per month for 4 months, starting in January 2025

Dates: January 13 and 27, Feb 10 and 24, March 10 and 24, April 7 and 28

All classes two hours, held at 8PM eastern, all recorded

Topics:

- Designing a health-promoting daily practice that works for you
- Learning to hold yourself accountable – a new view of journaling
- The use of choice architecture to drive behavior change
- A new way to set goals, turning wants into "musts"
- Taking control of your time
- Learning and maintaining excessive focus
- Controlling your emotional state
- Dealing effectively with inner conflicts
- Fear of success, limiting beliefs
- And more!

Tuition: \$795 members/\$995 nonmembers

What You Need to Know About Hepatitis, Hepatitis Vaccines, and Other Vaccines Recommended for Adults A Weekend Bootcamp

Did you know that there are **SEVEN** different types of hepatitis, and that some types are not viral? Did you know that the Hepatitis B vaccine is one of 14 vaccines the CDC recommends that ALL adults receive? This bootcamp will cover the various types of hepatitis, who is at risk of contracting any of them, the Hepatitis vaccine, and the 13 others the government thinks you should get.

**Fri Jan 24 7PM-10PM; Sat Jan 25 10:30AM-12:30PM and 1:00-5:00PM
\$249 members/\$349 nonmembers; free to annual pass members**

Keep Improving Your Vision With Dr. Mila Casey, MD This class is for new students and is a refresher with more practice for students who already took this course.

A Message From Dr. Casey:

After I received my medical degree, I completed my residency, and practiced ophthalmology for 12 years in Russia. After getting married and moving to the United States and starting to experience my own health issues, I decided to study nutrition. I became certified in holistic nutrition at the Washington Institute of Natural Medicine and then became a certified nutritional consultant (CNC) through the American Association of Nutritional Consultants. Due to my husband's international job, we lived in different countries, and I continued the health coaching counselling through the years. I am a 5-year member, an affiliate of Wellness Forum Health and health educator. For the last 13 years my online multicultural practice has included private health coaching, group talks on health and wellness, and cooking classes among residents and expats in the USA, Austria, England, Sweden, and Turkey. Recently I learned about Bates method of improving eyesight. I experienced that improvement myself, took off my glasses and realized that my experience as an ophthalmologist and health counseling complements the natural vision improvement method in helping people with improving eyesight without glasses, contact lenses, surgeries, or medication. As a health and vision educator I now offer group vision training and private counseling regularly.

Dates: Feb 1, Feb 8, Feb 15, Feb 22, Mar 1

Participants will be taught exercises to practice daily in between these sessions.

Dr. Casey will be available to answer questions via email.

**All classes 10:30AM eastern time and last for one hour, all recorded
\$99.00 for Members \$129.00 for Non-members**