

TOUCH FOR HEALTH LEVEL I WORKSHOP

**Learn a practical guide to natural health
to improve postural balance and reduce pain & tension**

TFH Level I: This workshop provides practical skills to manage stress, reduce physical and mental pain and tension and increase overall energy without the use of drugs. Also, included in this workshop are specific tests, exercises and movements for enhanced learning, improving coordination and finding food sensitivities. You will learn techniques of applied Kinesiology and acupressure massage. The TFH Book 1 is required text for this class.

Presenter: Helen K. Cox, RN, BSN, LDN, Director of Options Center for Health and Education, is a certified Touch for Health instructor with more than 20 years of experience.

WHEN: Wednesday and Friday, April 14 and 16, 2010, 11:30 AM -- 6:00 PM

WHO: Anyone - open to all adults!

WHERE: Classes will be held at Options Center for Health & Education, 4316 N. Prospect Rd., Peoria Heights, IL 61616. 309-685-7721 options@mtco.com www.options-center.com

COST: Payment includes certificate, not TFH Book I.

• **Early registration:** \$200 with non-refundable fee of \$50, received on or before March 17.

• **Regular registration:** \$275 with non-refundable fee of \$50, received after March 17.

• **Repeaters:** \$125 with non-refundable fee of \$50 (registration MUST include copy of previous certificate of attendance) if received on or before March 17; \$200 if received after March 17.

• **Cancellations:** No refund will be given for cancellations received on, or after, April 9, 2010 or for "no shows".

Enrollment cutoff date: Friday, April 9, 2010.

TESTIMONIALS FROM PREVIOUS TOUCH FOR HEALTH WORKSHOPS:

- "The workshop had good materials and gave good directions. The instructor was very complete." Joanne Tillman
- "I found the workshop educational, satisfying and personalized." Jeff Tarrant

Educators: can earn 13 CPDU's.

Nurses [RN, LPN]: Provider approved by the California Board of registered Nursing, Provider number CEP 13015 for 13 contact hours.

Massage/Body Work Professionals: Touch for Health Kinesiology Association is approved by the National Certification Board for Therapeutic Massage and Bodyworkers (NCBTMB) as a continuing education provider # 050467-00. Nationally Certified Massage Therapists are allowed one hour of credit per one hour of classroom time which totals 13 for this workshop.

Certificates: All participants will be awarded a certificate upon completion from the TFHKA & The International Kinesiology College.

**For more information, look at [www.options-center.com/Glossary/Health/Touch for Health](http://www.options-center.com/Glossary/Health/Touch%20for%20Health).

Also check out the Touch for Health Kinesiology Association web page: www.tfhka.org



~ TOUCH FOR HEALTH LEVEL I REGISTRATION FORM ~

Name _____ Address _____ City _____

State _____ Zip _____ Day Phone: _____ Evening Phone: _____

Cell Phone: _____ Email address: _____ Profession: _____

Type of Payment: ___ Check (*Make payable to Options Center*) ___ Cash ___ Credit Card (Visa, MC, American Express)

Signature (for credit cards): _____

Credit card #: _____ Expiration date: _____ Amount included: _____

Options Center, 4316 N. Prospect Rd., Peoria Heights, IL 61616 309-685-7721 options@mtco.com www.options-center.com