



Health Alkemy School

What is this?

A series of classes open to the public for education, offered in modules of three to nine sessions.

Also certification as a Nutrition and Health Alchemist for those interested in becoming practitioners.

Study at home and internet available also with audio and written information. Topics range from Seasonal cooking and health, Self-care, Self-Assessment, to Intestinal Ecology. See website below under Classes after 9/1/11 for more info.

40 classes total, divided into Seven Modules

Dates: 2nd and 4th Sundays

Begins: September 25th

Location – 141 Sunnyside Avenue, Santa Cruz CA

From 6:00 – 9:00pm

Costs – Modules vary, \$75 drop-in rates, as low as \$50 per class if prepaid. Information coming to site below.

Website www.HealthAlkemy.com phone: (831)325-4402

Email – HealthAlkemy@gmail.com

Facilitated by Craig Lane – Clinical nutritionist and herbalist, CMT, author, 12-year lecturer, CancerGuide, 21 year meditator and yogi, and graduate of the Kushi Institute of Macrobiotics

