

Good Vibrations

News from
West Michigan
Healers, Inc.

WINTER 2009



P.O. Box 1433
Muskegon, Mi 49443

www.westmichiganhealersinc.org

CALENDAR OF EVENTS

Two WMH members celebrate their 6th decade on the planet! Come join the celebration at Unity Church (Fellowship Hall) and wish Cathy Caldwell and Kay Bazzett wonder-filled 60 years of good health and prosperity. **Saturday, Jan. 16, 2010.** 7:00 p.m. to 11:00 p.m. There will be live music from the 60's and lots of fun!

See the enclosed flyer and registration form for the **Anatomy for Healers – Level 1**, workshop to be held in Grand Rapids, MI on **March 18-21-2010.**

FUTURE EDUCATION OPPORTUNITIES!!

WMH Board Members will offer several educational opportunities in February and April. Check the WMH website for information on a three-hour Feng Shui class by Jenna Boyd in February, an introduction and demonstration of Applied Kinesiology by Sherri Hart in April, and an introduction and demonstration of Japanese Reflexology in June or July.

The membership directory will be included in the Spring Newsletter. So, if there are any changes or additions in your information, send them to Nancy Owens so your information will be included.

There are a hundred paths through the world that are easier than loving, but who wants easier? Mary Oliver

WMH members Active on C3 Wellness Committee:

Hats off to member Katy Johnson, who presented a three-week series on End of Life issues and Hospice Care at Christ Community Church in Spring Lake, The series was initiated by the C3 Wellness Committee of which Katy, Nancy Owens and Ann Ross are members.

The goal of the Wellness Committee is to have health and wellness programs offered on a regular basis to the church and local community. The committee has a variety of members including people from allopathic as well as complementary fields of health and wellness.

Other health programs the Wellness Committee initiated was "Managing Stress Over the Holidays" and "Developing New Traditions" for people going through transitions over the holidays. A program in January will focus on 'change theory' and making New Year's resolutions a permanent part of your lifestyle.

Two additional programs are being planned. Dealing with creating positive relationships may take place around Valentine's Day and a program to help parents and teens understand the adolescent brain may take place in March.

If you are interested in offering a program, contact Nancy Owens.



Greetings West Michigan Healers,

Co-Presidents' Message - Winter 2008

Our Fall season contained so much activity that we may be looking forward to that “long winter’s nap”!! The Board organized and participated in a couple of major events benefiting the community. We allotted funds for our donations to support area organizations to United Way on the Lakeshore and Pet Pantry of MI. The Community Relations Committee sponsored a sweater/coat & canned goods drive again to benefit the Mission for Area People headed up by Katy Johnson & Kit Langlois. Then we were approached by former President Denise Muchna to provide sponsorship and volunteer assistance for the Music for Meds event which was able to provide dollars to purchase medications for MAP residents who had been going without basic meds due to the struggling economy. Thanks go to Helen Rowe, CoOrdinator of Special Events and **all** the volunteers (members & non) who collaborated to make the event a success.

Enclosed in this newsletter is a flier (and sign-up form) for one of the Education Committees first offerings for 2010. New committee CoOrdinators Betsy Willey & Laurie Sefton have several irons in the fire for upcoming educational offerings. We have wanted to have Sue Hoviland her to teach her brand of Anatomy & Physiology (with an energetic flair) for many years. Let’s all participate and make this advanced practice class a rousing success. Personally, Kay is starting to put away funds now to repeat this class in March because it was so worthwhile when she took it in 2001.

Don’t forget our annual Holiday Gathering held this year at Cathy Caldwell Bowman’s house. Date: December 14th,2009 (Monday) starts 6:30 PM, location in Muskegon. Please RSVP to: Cathy at Hands to Health Massage Therapy (Telephone 231-722-4950) or info@westmichiganhealersinc.org. Should be a wonderful evening – Cathy always creates such a healing atmosphere. See you all there to celebrate the season of light.

Hopefully our upcoming winter season will be as mild as our summer,

Kay & Kathryn – **Your** Co-Presidents