To Your Health and Wellness

Presenters

Lucy Quinto is a Healer with a master of science (M.S.) in natural health. She had her own weight issues many years ago. By addressing her own blocked information in her system, she lost weight and has maintained her appropriate weight for many years. Since 1999, Quinto has maintained a private practice in Rockaway, N.J.

Luanne Pennesi, RN, MS, a registered nurse practicing for 30 years in both conventional and integrative medicine, has been sharing information to motivate people to take back their personal power and lead happier, more productive lives at any age. Pennesi has helped countless people make sense of “alternative” approaches to health and anti-aging to take control over their health and longevity naturally. She was named 2006 Person of the Year by the Millionaire Mind.

John LaNeve is an experienced lecturer, certified hypnotist and life coach. His workshops are designed to assist people in realizing their goals and achieve greater success in life. LaNeve owns and operates New Horizons Hypnosis Center for Personal Development in Rutherford, N.J.

William Stone, D.C., is a Certified Holistic Iridologist, Diplomate of The International Institute of Iridology and Charter Member of the American College of Iridology. He has practiced for 17 years, and integrates iris analysis with nutrition and various forms of holistic health care. Stone graduated with honors from The Institute for Integrative Nutrition in New York City and is registered as a Certified Nutritional Consultant with The American Association of Nutritional Consultants.

Information about complementary and alternative health and wellness choices

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Dickinson Hall
140 University Plaza,
Hackensack N.J. 07601
www.fdu.edu/ce

Registration by
Phone: 201-692-6500
Fax: 201-692-6505
Mail: 1000 River Road, H-DH1-02,
Teaneck, N.J. 07666
Visa, MasterCard and American Express accepted.
Stress Management
John LaNeve
6:30 p.m, Thursday, September 27, 2007 and October 4, 2007 (5 hours) $45

Short-term stress is vital, but over time, it can turn destructive. Chronic stress breaks down the body and creates a fertile environment for disease. Stress affects each of us in different ways, such as anger, anxiety, frequent colds, lingering tiredness or difficulty accomplishing goals. By practicing self-hypnosis, meditation and progressive relaxation, you can learn to deal with stress actively and effectively. This two-session seminar may help you: improve overall health, overcome procrastination, increase productivity, improve personal relationships, improve sleeping habits and increase learning.

Lose Weight Permanently through Cellular Memory Healing
Lucy Quinto
6:30 p.m, Thursday, October 4, 2007 (2 hours) $25

Learn how to lose weight and keep it off through Cellular Memory Healing. This form of healing addresses the cause of weight issues, which is blocked information in a person's system. This blocked information could be a repressed feeling, thought or experience. Once this information is acknowledged, not discussed, a person's system can heal, and the weight will easily come off and stay off. In addition to this, there will be four basic food guidelines discussed along with reasonable activity. This way of losing weight is scientifically backed by quantum physics and quantum mechanics.

Iridology: The Window to Your Health
William Stone
6:30 p.m, Thursday, October 11, 2007 (1.5 hours) $20

Iridology is the assessment of the colored portion of the eye called the iris, which reveals the level of health and the presence of tissue inflammation in the body, where it is located and what stage it has reached. The iris reveals the level of constitutional strength, inherent weaknesses and the transitions that take place in a person's organs and tissues according to the way one eats, drinks, feels, thinks and lives.

Staying Youthful and Healthy After 50
Luanne Pennesi
6:30 p.m, Thursday, October 18, 2007 (2.5 hours) $25

As our hormones shift, we begin to age in a process known as menopause in women and andropause in men. This course will provide you with an overview of why we age, address the role your environment and stress has on aging and provide you with information about the four keys to hormone rebalancing — exercise, juicing, diet, and supplements.

Energy in Motion
John LaNeve
6:30 p.m, Mondays, October 29, 2007, and November 5, 12, 19, 2007 (10 hours) $85

Energy in motion involves the power of thought. Since every thought is in the form of energy, whether positive or negative, your thoughts are the foundation for what you become. This four-session workshop is designed to remove the apprehensions and limitations of whatever is holding you back from becoming successful. Relaxation and focus will help you gain access to your subconscious mind and create the outcomes you desire.

John LaNeve will guide you to a better, healthier life by helping you: make positive changes, be more creative, change limiting beliefs, create a positive mindset, improve relationships, achieve personal and spiritual growth, manifest abundance and achieve a more relaxed and focused state of concentration. CDs will be available for those who want to practice at home.

Registration Form

Registration by
Phone: 201-692-6500
Fax: 201-692-6505
Mail: 1000 River Road, H-DH1-02, Teaneck, N.J. 07666

Name _________________________________
Address _______________________________
Daytime Phone Number _________________
E-mail _________________________________

Courses:
Check all courses you will be attending

☐ 81GNH-01 Cellular Energy Healing $25.00
☐ 81GNH-02 Stress Management $45.00
☐ 81GNH-03 Iridology: The Window to Your Health $20.00
☐ 81GNH-04 Staying Youthful and Healthy After 50 $25.00
☐ 81GNH-05 Energy in Motion $85.00

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