

From GINA ORLANDO, MA, CH

# WELLNESS & HYPNOSIS Newsletter

AUGUST, 2009

*The natural tendency of the body is toward health.*

## Fall SEMINARS, CLASSES & GROUPS

When my new website launches very soon, there will be specific info on these workshops, classes and groups. I wanted to tell you now that there will be a choice of a 3-Session and a 12-Session Wellness Coaching Group. You can choose either one for any of the life, health and wellness goals such as weight release, putting yourself on your priority list, deepening your spirituality, reducing overwhelm, and more. I also will be teaching a *Complementary and Alternative Medical Therapies Class for Health Care Professionals* at Triton College. And, as always, more!

### **Wellness Coaching Intro (Teleconference)**

THURSDAY, September 10 8-9 pm

### **Wellness Coaching Group: 3 Sessions**

\$85 at [Equilibrium](#) in the South Loop  
on alternate MONDAYS  
September 21/October 5/October 19 6:30 - 8 pm

### **12-Week Wellness Coaching Group**

THURSDAYS from 7:15 to 8:45 pm  
September 24 - Nov. 19, Dec. 3, 10, Jan. 7  
\$295 [www.ginaorlando.com](http://www.ginaorlando.com)

### **CAM (Complementary and Alternative Medicine) For Healthcare Professionals**

at [Triton College](#)  
TUESDAYS, September 29 - November 3, 6-9 pm

### **FREE EFT (Emotional Freedom Techniques) Video**

Enjoy tapping along with [this EFT tapping video](#) -

## Website Launch



Hi! I will be launching my new website VERY SOON. I'm creating a new site to officially launch my wellness and health coaching practice. I'll send an email announcing the new site...and it will have a FREE MP3 download of a self-hypnosis technique, that you can download to your iPod. There's another FREE giveaway, too. So, stay tuned!!

I hope your summer is offering you some

25 minutes on healing perfectionism and more!

time for fun!

### The List: PESTICIDES in PRODUCE

*GINA*

**HIGHEST in Pesticides.** Please buy organic--or avoid.

Apples  
Bell peppers  
Celery  
Cherries  
Grapes (imported)  
Nectarines  
Peaches  
Pears  
Potatoes  
Red raspberries  
Spinach  
Strawberries

### **LOWEST in Pesticides**

Asparagus  
Avocados  
Bananas  
Broccoli  
Cauliflower  
Corn  
Kiwi  
Mangos  
Onions  
Papaya  
Pineapples  
Peas (sweet)

Healthy Wishes,

*Gina*

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