



INSTITUTE OF  
**HOLISTIC HEALTH CAREERS**  
*Educating Wellness Professionals*

**Holistic Health Careers**

**TAKING CARE TAKING CHARGE™  
“HOLISTIC HEALTH NOW”  
SERIES**

Presented by Mary Jo Ruggieri PhD, Director  
**INSTITUTE OF HOLISTIC HEALTH CAREERS**  
*“Educating Wellness Professionals”*

**FREE SEMINARS**

**Jan 24th** Intro to Holistic  
Healthcare

**Feb 7th** Using Herbs to Improve  
Your Quality of Health

**Mar 21st** Reflexology , Vitamins,  
Stress Management

**April 11th** Polarity Therapy/  
Ayurvedic Medicine

**HOSTED BY THE BEAUTIFUL INN AND SPA AT CEDAR FALLS  
IN THE HOCKING HILLS**

*The Institute of Holistic Health Careers/The Inn at Cedar Falls are  
offering a series of FREE holistic health seminars*

- Open to all who want to improve their lives using Holistic Healthcare.
- Mini-sessions for everyone
- Expert Teachers
- Drawing for Gift Certificates for Holistic Health Classes or products

**Faculty Presenters**

- Charoula Dontopoulos, Certified Herbalist
- Letitia Bunge, Certified Elemental Reflexology/Polarity Therapy
- Paul Johnson, Certified Elemental Reflexology/Polarity Therapy
- Irina Tatarinstseva, Meditation/Yoga



**PRE-REGISTRATION REQUIRED**  
1-800-653-2557 [www.innatcedarfalls.com](http://www.innatcedarfalls.com)

Or call  
Institute of Holistic Health Careers  
614-299-9438 [www.holistichealthcareers.com](http://www.holistichealthcareers.com)

**Time of Seminar: 1:00—4:00 pm**  
**Come Early for Tea and Talk**

**Visit our website: [www.holistichealthcareers.com](http://www.holistichealthcareers.com)**

Courses registered by the Ohio State Board of Career Colleges and Schools (Reg. #00-01-1528T)