

Health by Design will present wellness education classes every 1st Tuesday of the month from 7 – 8:00 p.m. discussing various health topics.

The schedule from June 2009 – December 2009 is as follows:

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| June | Hormones (Not Just for Women) How Do They Affect You |
| July | Allergies, Flu and Immune System: Prevention and Relief |
| August | pH Balance, Why it is Important, How to Understand It, Self Testing |
| September | Water: Filtered, Bottled, Reverse Osmosis...What's the Best for Me and My Family |
| October | Arthritis, Fibromyalgia and Inflammation ~ Natural, Fast Relief |
| November | Depression and Anxiety: The Cause and a Natural Solution |
| December | Vitamins ~ How Do They Work, Do I Need Them, How Do I Choose a Quality Vitamin |