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Calendar of Events

"Healthy Alternatives Networking Group," 1st Saturdays (Nov 1st, Dec 6th, Jan 6th), 4-6pm, Greenwood Village City Hall. Donation. Mikyla Garrett (see Associations), 720-535-9565.

"Wellness Workshop," Nov 5th (ADHD), Nov 18th (Colds & Flu) & continuing every other Tuesday, 7-8pm, 1666 S University Blvd, Denver. Matthew Reddy, ND (see Naturopathy). Free. Call 303-850-0880 or visit DrReddyND.com.

"Good Grief Retreat Day," Sat, Nov 8th, 9am- 3pm, QuaLife Wellness Community (see Cancer Support), 1741 Gaylord Street, Denver. \$25 donation. Call 303-393-9355 to register. Visit Qualife.org - [Online Calendar](http://OnlineCalendar) for other programs.

"Bio-Algae Concentrates" and "Rx Magnets," Tues, Nov 11th 7pm, Footopia Z-C@iL, 611 E 22nd Street, Denver (see Supplements, Magnetic Therapy, Products). Free. Reserve at 303-291-0854 or Footopia.us.

"Less is More - Neuroenergetic Release[®]," Wed, Nov 12th, 7-9pm and continuing, Lakewood. Lecture/Demo by developer Donald Kipp (see Neuroenergetic Release). Free. Call 303-237-1142 or visit his website, Body-Awareness.com/intro.htm.

"Add Years To Your Pet's Life with Natural Pet Care - A Workshop for Pet Owners," Sat, Nov 15th, 10am-2pm. Panera Bread, Grant St & 13th Ave, Denver. Russell Louie (see Animal Care). \$27, including lunch; part donated to Table Mountain Animal Center in Golden. Call 303-239-0382.

CWPA Free Business Lecture and Networking, third Thursdays, Nov 20th & Dec 18th, 7-9pm, at the main Englewood Library. For practitioners, business owners and public. Free. Details are at the Association site: CompWellness.org/Comm/gather.htm.

"Beyond Aromatherapy - The Wonderful World of Essential Oils," Sat, Nov 22nd 12pm-3pm, \$25. "Living the Ancient Tao in a Modern World," Sat, Dec 6th, 12-5pm, \$75. Russell Louie (see Animal Care, Aromatherapy, Supplements), Journey Books & Gifts, 6731 W. Colfax Ave (next to Casa Bonita), Lakewood. Visit OptimumChoices.com or call 303-239-0382.

"How Stress is Affecting your Life," last Tuesdays (Nov 25th & Dec 30th), 7pm, Lakewood. Bela Weiser, DC (see Chiropractic). Free. 303-984-9570.

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- ◆ WholeFoods.com - see Local Stores
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Wellness eJournal Articles

See the website for new articles at CompWellness.org/eJournal:

- ◆ "Lymph: The Missing Factor" - all six in series, by Cory Carter, ND (Centers)
- ◆ "Superfoods: The Gentle Revolution," by Roland Thomas, ND (Supplements)
- ◆ "Healthcare for the Next Century," by Bela Weiser, DC (Chiropractic)
- ◆ "The Reason for Childhood Diseases," by Philip F Incao, MD (Medicine)
- ◆ "Essential Oils for Whiplash," by Russell Louie (Aromatherapy, Supplements)

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