*Lilly Fields 2024 APRIL – DEC CLASS SCHEDULE*

***www.LillyFieldsCenter.com***

(Please note locations. We are hosting a series of classes at a church in Warner Robins January - May.  If YOUR organization wants to do the same, please reach out!)

**APRIL**

**11 - 6:30 PM MASTERING DETOX - DETOX YOUR CELLS, BODY, AND MIND!** Learn how to clean the body at the cellular level. YES! You CAN remove old cell residue and detoxify from past choices. In this class we'll discuss numerous cleansing and detoxing techniques and in what order to detoxify: is it the blood, bowels, kidneys, or liver first? IT MATTERS! We will demonstrate Dry Skin Brushing. Skin Brushing improves the appearance of your skin, stimulates blood circulation and the lymphatic system, and greatly enhances toxin elimination. Discover secrets that can help you lose weight, detoxify cells, look great and enjoy wonderful health! This class will open your eyes and cells to elimination! **FREE CLASS – Location: Lilly Fields 340 Columbus Hwy Hawkinsville, GA**

**13 - 10:00 AM – 5:00 PM TIPS AND TOOLS INTERACTIVE WORKSHOP!** Join Karen for a full day of learning how to help yourself at home! Learn: How to Read Your Tongue for Nutritional Deficiencies, Implement Thoracic Extension. Use Magnets for Powerful Quick Healing, Eliminate TMJ, Vortex Spinning & Body Tapping, Trigger Point Massage, Addiction Elimination Technique, Color Therapy, Simple Foodie Techniques (nut butters, milks), Rewrite Mind Setting, Lower Blood Pressure & Blood Sugar Levels, Test Yourself and Others for Food Sensitivities,  Combat Fatigue in Seconds & Raise Serotonin, Stop a Cough Attack & Monitor Your pH, Unlock Clogged Lymph Nodes to Cleanse the Body, Align Your Spine FAST!, Create Vitamin D, Acupressure, Foot Reflexology & Basic Iridology, Face Reading & Lower Body Temperature,  Combat Cancer, and Tools Oriental & Medical Physicians Use Daily. **COST $99. Location: Lilly Fields! THIS CLASS HAS A MINIMUM ATTENDANCE NEEDED -**[REGISTER TODAY!](https://www.lillyfieldscenter.com/offers/3m4evmZT/checkout?cid=9adc7861-1788-45d3-b1f3-d7e6fdf94cc1)

**25 – AMY AND ZUZU ARE HEAVY DRINKERS! -** Come play with Amy and I for this week’s cooking class in the new CELL-EBRATION Kitchen! We will be making many of the YUMMY DRINKS we drink during the week. Some are fermented, others from loose teas, bagged teas, tinctures, fruits, barks (I know, sounds weird, but trust us) and powders! Complete with Disco ball, we are here to set a spin to your tastebud’s world! Join us LIVE at Lilly Fields (Cost $15) or online with your HBMG membership!

 **29 - 6:30 PM MASTERING DETOX - DETOX YOUR CELLS, BODY, AND MIND!** Learn how to clean the body at the cellular level. YES! You CAN remove old cell residue and detoxify from past choices. In this class we'll discuss numerous cleansing and detoxing techniques and in what order to detoxify: is it the blood, bowels, kidneys, or liver first? IT MATTERS! We will demonstrate Dry Skin Brushing. Skin Brushing improves the appearance of your skin, stimulates blood circulation and the lymphatic system, and greatly enhances toxin elimination. Discover secrets that can help you lose weight, detoxify cells, look great and enjoy wonderful health! This class will open your eyes and cells to elimination! YOU CAN HAVE MORE ENERGY! STAY FOCUSED! LOSE SERIOUS WEIGHT! INCREASE YOUR LIBIDO! FEEL 100% AMAZING! **FREE CLASS – Location: The Assembly at Warner Robins 6040 Watson Blvd, Warner Robins, GA**

**MAY**

**2-5**[HHE REUNION/RETREAT!! Lilly Fields Center in Hawkinsville, GA!](https://www.holistichealtheducators.com/reunion)

**9 - 6:30 PM REGENERATING THE NERVOUS SYSTEM!** Today there is a tremendous attack on our nervous system, and there are solutions you can do from HOME to help!  Join Karen Ziemer HHP, TNC, HCC and learn: what you are exposed to each day that destroys the nervous system, things that have helped thousands of Karen’s clients reverse A fib and poor heart health, how to rebuild the myelin sheath and regain a healthy nervous system, what you can do at home to reverse neuropathy, how minerals, proteins, amino acids, and vitamins can reverse dis-ease and where to get them (NOT **Walgreens or most health food stores!) FREE CLASS Location: Lilly Fields 340 Columbus Hwy Hawkinsville, GA.**

11**- 9 am – 1 pm - Annual Open House! We will have walking and driving tours of the grounds, tours of the three new areas used as housing for guests and as Air BnB’s, our new Wellness Center (not quite done but almost!), meet our Oriental Medicine Consultant, enjoy yummy snacks, and hang out with folks who LOVE YOUR GUTS! May 11th from 9 am – 1 pm. Rain date Sunday March 12th 2 pm – 6 pm.**

**13 - 6:30 PM REGENERATING THE NERVOUS SYSTEM!** Today there is a tremendous attack on our nervous system, and there are solutions you can do from HOME to help!  Join Karen Ziemer HHP, TNC, HCC and learn: what you are exposed to each day that destroys the nervous system, things that have helped thousands of Karen’s clients reverse A fib and poor heart health, how to rebuild the myelin sheath and regain a healthy nervous system, what you can do at home to reverse neuropathy, how minerals, proteins, amino acids, and vitamins can reverse dis-ease and where to get them (NOT Walgreens or most health food stores!) **FREE CLASS Location: The Assembly at Warner Robins 6040 Watson Blvd, Warner Robins, GA**

**25 - 10:00 AM - 3:00 PM HOLISTIC FAMILY - CRAZY AWESOME LIFE!**Join Amy and Karen for six hours of HOLISTIC FAMILY FUN! Simple tricks to use in the home, the kitchen, for the body and the mind! Raising SUPERHEROS today is possible! Learn Feng Shui hacks for the rooms of your home, mental health improving techniques for you and the kids, enjoy interactive body work and activities your family will LOVE, test your neurotransmitters to discover what makes you tick and what is your kryptonite, and enjoy food hacks for kids and sooooo much more!  FREE CLASS! LOCATION - SLC/PROVO AREA UTAH

**JUNE**

**8 - 10:00 AM - 3:00 PM HOLISTIC FAMILY - CRAZY AWESOME LIFE!** SEE ABOVE FOR DESCRIPTION - FREE CLASS! LOCATION - ST GEORGE, UTAH.

**JULY**

**NO CLASSES**

**AUGUST**

**22 - 6:30 PM EASY OFFICE, SCHOOL, AND HOME LUNCHES! LOCATION – LILLY FIELDS**

**30-31    HERBAL WORKSHOP - LOCATION – LILLY FIELDS**

**SEPTEMBER**

**12 -  6:30 PM BREAST HEALTH! LOCATION – LILLY FIELDS**

**23-27    HOMESCHOOL WEEK FOR KIDS! LOCATION – LILLY FIELDS**

**26 - 6:30 PM SMOOTHIES AND “MILK” SHAKES! COOKING CLASS - LOCATION – LILLY FIELDS**

**OCTOBER**

**10 - 6:30 PM HOW TO NEVER BE SICK AGAIN! - LOCATION – LILLY FIELDS**

**24 - EVERYTHING GREEN! COOKING CLASS! – LOCATION – LILLY FIELDS** **(AND KARENS BIRTHDAY PARTY!)**

**24-27    WOMENS RETREAT!**

**NOVEMBER**

**14-17    MENS RETREAT!**