

Barbara Antidel - Fall Events Schedule

All events below are sponsored by the Common Ground Food Co-op, Urbana, Illinois <http://www.commonground.coop/> To learn the why and how of becoming an owner (formerly called member) of CGFC please go to their website and click on "Ownership". Or stop by the store at 300 S. Broadway in Lincoln Square Village (across the street from City Hall and the Fire Department). Visit the store, ask questions, shop and become an owner!

Homeopathy –What is it? Tuesday: 6-8 pm, September 15, 2009

"Home" remedies? Botanicals? Nutritional supplements? Get the answers to these and other questions you may have about homeopathy, a healing art and science that is safe, gentle and effective. You may use homeopathy for yourself and your family for acute self-care including accidents, injuries, colds and flus. Homeopathy is also a medical specialty (over 200 years of clinical experience) and used by professional practitioners in treating serious, chronic diseases. During the influenza pandemic of 1918-19 homeopathic physicians had a significantly lower mortality rate (under 5%) as opposed to 25-30% for conventional physicians. Homeopathic remedies are inexpensive, FDA approved, and can be bought at our co-op (some by special order, which gives you a 10% discount). Information packets will be provided; please bring a pen. Venue will be at a location in south central Urbana. For more information: call Barbara 217-328-5173.

Common Ground Food Co-op Owners (members) Fee: \$20.00

Non-owners (non-members) fee: \$40.00

Limit 20 participants

First Response Homeopathy Series. Tuesdays, 6-8 pm: October 6, 13 and 20, 2009

Review of the history, philosophy and principles of homeopathy, followed by the study of 4- 8 frequently needed homeopathic remedies. Self-help for yourself and your family for accidents, injuries, fevers, colds and flus. Information packets provided; please bring a pen. Those who did not attend "Homeopathy-What Is It" or know little about homeopathy are strongly urged to read intro booklet available for free online: www.beyondflatearth.com Venue will be at a location in south central Urbana. For more information: call Barbara 217-328-5173.

Fee for Series: Common Ground Food Co-op Owners (members): \$60.00

Non-owners (non-members) \$120.00

Limit 10 participants

Homeopathy for Colds and Flus Series. Tuesdays 6-8 pm: November 3, 10 and 17, 2009.

Review of the history, philosophy and principles of homeopathy. Tips for preventing colds and flus will be presented. Several homeopathic remedies for colds and flus will be studied more intensively than in the "First Response" class. Includes a review of some of the history of 1918-19 pandemic influenza and the lessons learned from that. Information packets provided; please bring a pen. Those who did not attend "Homeopathy-What Is It" or know little about homeopathy are strongly urged to read intro booklet available for free online: www.beyondflatearth.com Venue will be at a location in south central Urbana. For more information: call Barbara 217-328-5173.

Fee for Series: Common Ground Food Co-op Owners (members) \$60.00

Non-owners (non-members) fee: \$120.00

Limit 10 participants
