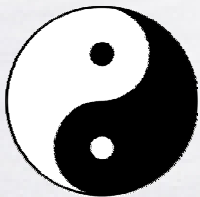


Complementary Health & Exercise

Summer 2010

Sleep Solutions from The Chinese Masters



The Quarterly Magazine bringing you news
and programs on complementary methods of
healthcare and exercise.



七星武道

T'ai Chi for Children

for ages 8 to 12



For hundreds of years, the Chinese have been teaching children T'ai Chi. Using simple exercises with focused breathing and concentration to achieve mental, emotional and physical health: building confidence, focus and concentration.

Wednesday, 4:00 pm–4:45 pm

July 7th – August 11th

August 25th – September 29th



The Sports Hub,
250 Civic
Center Plaza,
Glendale Heights,
IL 60139

Call 630 260 6060 today!

Complementary Health & Exercise

Summer 2010

Editor & publisher - John Robertson

630 229 4434 john@7StarsMA.com

www.7StarsMA.com



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Martial Arts

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Because of the nature of some of the products, services or techniques advertised/discussed in this magazine, you should consult a physician before using these products or services or applying these techniques.



T'ai Chi Sword

Thursday, July 8th & August 26th
3:00pm - 3:30pm

Iowa Community Centre,
338 N. Iowa Avenue, Villa Park, IL 60181
630 834 8970

(Previous Tai Chi experience is required)

The Wisdom of Confucius

"Consideration for others is the basis
for a good life and a good society."

Editor's Notebook

Welcome to our Summer issue and exciting news! We have two new classes starting this quarter at Warrenville Park District; our on-going 'Cane Fu: for health and self-defense' and our one-time class 'The Magic of the Pendulum'; our Cobblestone Walking class is also now available at Warrenville.

'Cane Fu' is an exercise class suitable for all ages - it combines deep breathing and Tai Chi movement with practical self-defense skills to build strength, flexibility and coordination, to relieve stress and much more.

'The Magic of the Pendulum' teaches you how to use a pendulum to tap into your intuition and to communicate with your subconscious mind. You will learn how to find out what foods are best for you, to resolve issues, answer questions and more. Don't have a pendulum? we will have them available to purchase in class.

You can join us at TheosoFEST at the Theosophical Society in Wheaton on September 11th from 10:00am to 5:00pm, our tent will be there along with many other vendors. There are lots of free classes, great food and lots of goodies to purchase!

Remember, if you know someone you think could benefit from our classes, please give them a flyer and encourage them to try a class.

We are also available for health fairs and events, or if you have a group you would like us to present at then e-mail us - john@7StarsMA.com or call 630 229 4434.

My thanks go out to everyone who participated in our Relay for Life team; and to all those that contributed in any way to our fund-raising efforts. Particularly Cheryl Robish our team captain, and her #2 Kathy Ketels; without your efforts we would not have been able to raise the close to \$2,000.00 (Relay is still 2 weeks away at the time of writing) we did for The American Cancer Society. Thank you everyone!

John Robertson

*He lives most life whoever
breathes most air*

Cobblestone Walking



Aging can be seen as beginning with the feet; which act as a map of the entire body, where reflex points correspond to vital organs, muscles, and glands. Modern mats are used to apply acupressure from the body's own weight to the reflex points of the foot; stimulating the whole body. Cobblestone walking has been shown to help reduce blood pressure, improve balance & increase physical function; you will begin to strengthen and heal your body from within, boost energy and improve sleep.

3 S. 260
Warren Avenue,
Warrenville,
IL 60555



Mondays at 9:00am
New class starts August 23rd

Call 630 393 7279 today!



The Sports Hub,
250 Civic
Center Plaza,
Glendale Heights,
IL 60139

Wednesdays at 2:30pm
Classes start July 7th & August 25th

Call 630 260 6060 today!

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Let your employees learn while taking lunch!

Our series of Learning Lunches Seminars are designed to improve employee health and wellness while increasing productivity, reducing absenteeism and cutting health care costs.



Our classes include:

- Tai Chi for Health
- Tai Chi Chuan
- Natural Energy Healing
- The Six Healing Sounds
- An Introduction to Karate
- Adult & Child Self-defense
- Falls? They don't have to happen to you
- Discover the Secrets of Chinese Health Balls
- 50 Secrets of the World's Longest Living People
- Are You Ready? - A FEMA Disaster Preparedness Program



Breakfast, lunch, evening and weekend sessions are all available.

Sessions can be fully customized for time, length and content.

One time and ongoing classes available.

630 229 4434

john@learninglunches.org
www.learninglunches.org

Health and safety education in your location, at your convenience



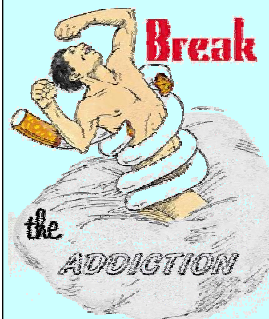
How to Sneeze and Cough Without Spreading Germs

19,500 flu viruses or other germs may be expelled in a single cough by someone infected.

Avoid the use of open hands or a closed fist to cover your cough or sneeze. This spreads germs through the air and makes it easy to transfer them to other surfaces through touching.

To reduce the spread of germs, always use a tissue or cough and sneeze into your sleeve.

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An Introduction to Chinese Health Balls

Their use can reduce your risk of carpal tunnel, arthritis, tendonitis, rheumatism, repetitive stress injury, dementia & Alzheimer's. They can help reduce stress, aid relaxation and help prolong life.



Saturday, July 10th 1:00-2:00pm

Warrenville Park District,
3 S. 260 Warren Avenue, Warrenville, IL 60555
~ To register call 630 393 7279

Friday, August 6th 7:30-8:30pm

Lombard Park District, Sunset Knoll Recreation Centre,
820 S. Finley Avenue, Lombard, IL 60148
~ To register call 630 620 7322

Wednesday, Aug 25th 8:00-9:00pm

Glendale Heights Park District, The Sports Hub,
250 Civic Center Plaza, Glendale Heights, IL 60139
~ To register call 630 260 6060

Balance your body, mind and spirit through the use of Chinese Health Balls!





Cane Fu: for health and self-defence

Mondays at 10:30am,
starting August 23rd

Improve balance,
co-ordination, flexibility and
strength, reduce stress, release
tension and learn how to
protect yourself.

Canes will be available to purchase,
or bring your own!



3 S. 260
Warren Avenue,
Warrenville,
IL 60555
630 393 7279

What Should I Wear To Practice Tai Chi?

© By Dr Paul Lam

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What should I wear to practice Tai Chi?

A simple answer is loose, comfortable clothes and flat shoes. To expand on that:

Clothing For Normal Practice

Cotton is the best type of clothing to wear for everyday practice because it allows your skin to breath and absorbs sweat. It is convenient to dress in layers because in winter, it can be cold but when you practice, you can work up a sweat. You might need to take some clothes off. In summer, you might get overheated. Again, you can remove a layer. But remember, if you are overheated; avoid practicing in a windy area. And when you practice in a colder area, put on a light jacket. After your practice do not subject yourself to extreme change of temperature quickly, for example if you are hot and sweating, do not go to a very cool and windy place, cool down gradually.

Your clothes should be loose and comfortable. While clothing such as leotards might allow your body to move freely, such clothing is not good for Tai Chi. In Tai Chi, mobilizing the Qi is an important goal. Qi travels along its meridians (energy channels), which are close to the surface of the skin, so clothing that stick tightly to the skin such as leotards do not help the flow of Qi. Also avoid tight elastic around your waist and pant legs because, again, this might restrict the flow of Qi.

The ideal practice shoes should:

1. Feel very comfortable and soft.
2. Be light, with thin sole.
3. Have broad base support in the sole to help you balance.
4. Have shock absorbent pads in the sole to minimize injury.

Lace-up shoes like the martial art shoes, for example Adidas or Prospect martial art shoes, can be suitable, although they are not designed for Tai Chi practitioners, and they don't offer good base support or shock absorbance. Shoes specifically designed for Tai Chi are needed.

Bare feet

Some people like to practice in bare feet. For others, it might be difficult. Shoes can give you good support and enhance balance. Sometimes the ground might be uneven or dirty. Also, if your feet get cold, it could impede the flow of Qi. For people with diabetes, good shoes are essential.

Tai Chi clothing and shoes are available to purchase from your instructors.

The Magic of the Pendulum

Learn to communicate with the depths of your subconscious mind, tune into your intuition and tap the unlimited potential of your own mind

Pendulums will be available to purchase, or bring your own!

*Saturday, July 10th
3:00pm - 5:00pm*



3 S. 260
Warren Avenue,
Warrenville,
IL 60555
630 393 7279

Tai Chi Chuan

"the secret to anti-aging" it's the
"miracle exercise" for people seeking
to avoid drugs, surgery, and expensive
doctor bills. Dr. Mehmet Oz on Oprah

In Elmhurst

Courts Plus
186 S. West Avenue,
Elmhurst, IL 60126

All students meet every
Monday at 8:00pm
July 5th & August 23rd

Continuing students meet every
Tuesday at 12:30pm
July 6th & August 24th

Beginner students meet every
Thursday at 12:30pm
July 8th & August 26th

Call: 630 833 5064

In Lombard

Sunset Knoll Recreation Centre
820 S. Finley Road,
Lombard, IL 60148

All students meet every
Monday at 6:00pm
July 5th & August 23rd

Call: 630 620 7322



In Roselle

Clauss Recreation Center
555 W. Bryn Mawr Avenue,
Roselle, IL 60172

Beginner students meet every
Tuesday at 9:00am
July 6th & August 24th

Continuing students meet every
Tuesday at 10:00am
July 6th & August 24th

Call: 630 894 4200

In Villa Park

Iowa Community Centre
338 N. Iowa Avenue,
Villa Park, IL 60181

Beginner students meet every
Tuesday at 2:00pm
July 6th & August 24th

Continuing students meet every
Thursday at 2:00pm
July 8th & August 26th

Call: 630 834 8970



ROSELLE PARK DISTRICT

Sleep Solutions from The Chinese Masters



Nearly two out of three Americans are affected by insomnia and other sleep disorders. With that many people resting poorly, it is a wonder anyone gets through the workweek—let alone their whole life!

While there are many pharmaceuticals available to induce sleep, there are centuries-old traditional techniques that can get you your zzz's naturally.

The traditional Chinese medical view on sleep

In Chinese Medicine, nighttime is considered yin time—the time when your body takes care of itself instead of your desires. Proper sleep is necessary for your body to repair itself and regenerate. It is also critical for the proper functioning of organs such as the liver, which performs most of its detoxification at night while you are sleeping.

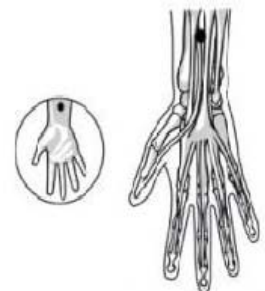
Insomnia is one of the most common conditions seen in any practice, usually as part of a pattern of imbalances. Excessive worry, anxiety, and depression all negatively affect the delicate balance of the liver, spleen, and heart, disturbing the spirit and activating the mind.

Once the mind is active, it becomes increasingly difficult to fall asleep. To reach deep, restful sleep, your spirit and heart must be calm and your liver and spleen networks must work together to process nutrients.

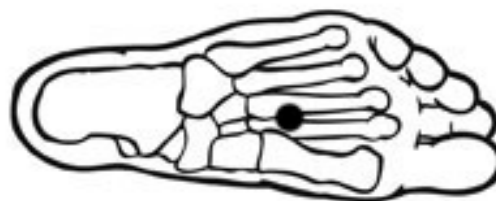
1. Acupressure for sleep enhancement

Acupressure is an ancient healing technique, in which you use your fingertips to press key points on your body to stimulate natural healing. Here are two acupressure points you can press to induce restorative sleep:

The Inner Gate, known technically as Pericardium-6 is three finger-widths above your wrist crease, between the two tendons on the inside of your left forearm. Apply moderate pressure with your right thumb, holding for 5 minutes and breathing deeply. Repeat on the other arm.



Bubbling Spring, also known as Kidney-1, is on the bottom of your foot, at the center of the indentation below the ball of your foot. Press down with your thumb, hold for 30 seconds, relax for five, and again continue for five minutes.



For a deep, calming sleep, try to do 10 minutes of acupressure each night.

2. A traditional sedative: Jujube seed

In Chinese medicine it is thought that the heart houses the spirit. When the heart is weak, the spirit becomes restless and cannot properly rest at night, which you experience as insomnia or poor, unrefreshing sleep. The herbal remedy for this condition is the seed of the jujube date.

A traditional sedative, jujube seed calms the spirit, strengthens the heart, and supports a good night's sleep. Research has shown that this seed is rich in saponins, which promote relaxation and sleep while reducing irritability and anxiety. A typical dosage is 500 mg a day. Look for jujube seed in health food stores, online, and from acupuncturists and Chinese herbalists, where it is often combined in a formula with other natural herbs.

You might also try traditional herbal formulations that contain sleep-enhancing herbs. Anxiety/Sleepless formula contains jujube seed and other herbs to help diminish insomnia, anxiety, and mental exhaustion. Also, Emotional Tranquility tea is an herbal blend formulated to settle the mind and soothe the emotions, very useful for people suffering from stress and insomnia.

3. Empty your mind before sleep

Rumination, the emotion of the spleen network, concentrates energy within the brain. For example, when one continually ponders problems, the most frequent symptom experienced is insomnia. In this case, the energy stays in the brain at night instead of following its normal course of descending to the lower part of the body, which allows one to sleep peacefully.

Try writing in a journal every night to get thoughts and worries out of your mind and down on paper. Another way is meditation, which has long been practiced to get beyond the thinking mind and into a deeper state of relaxation.

4. Four Exercises that target insomnia

The famous Taoist physician Ge Hong, who lived during the Han dynasty in the third century, promoted this set of exercises as prevention and treatment of insomnia. Chinese studies indicate that these moves effectively improved the sleep quality of chronic insomniacs when practiced nightly for two to four weeks. Now you can try them.

Lie on your back with your knees bent. Use your hands to pull your knees toward your chest and breathe naturally. Hold the position for one minute, then relax, straighten your legs, and rest your arms and hands at your sides. Remain on your back, inhale, and stretch both arms up above your head. As you exhale, bring your hands down and massage your body from your chest to your abdomen, then rest your hands at your sides. Repeat with every breath for one minute.

Still on your back, make fists with both hands. Place them under your back as high as possible toward the shoulder blades, one fist on either side of your spine. Take three complete breaths, then reposition your fists downward one notch and repeat, moving downward every third breath until your fists are at waist level. Take five breaths here. Now put your fists on either side of the tailbone and take five more breaths.

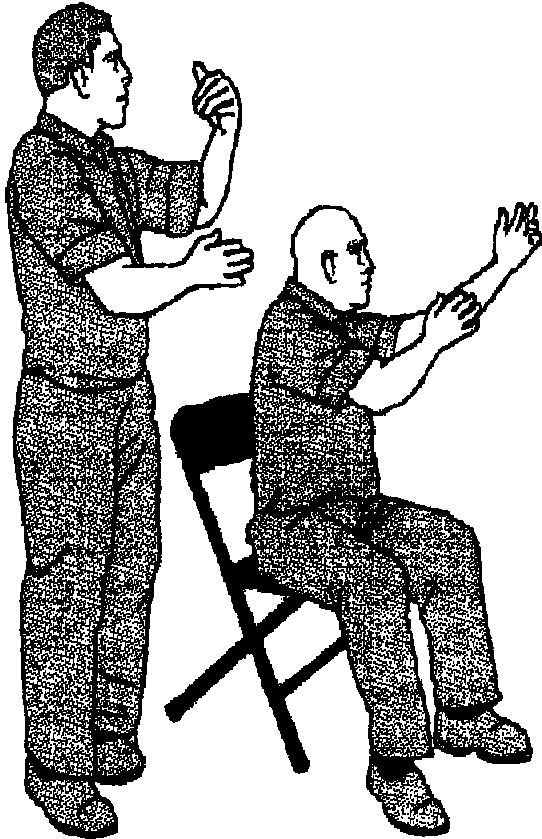
Lie face down and place your hands under your abdomen. Slowly inhale, filling your abdomen and chest, and feel the energy permeate your whole body. Then slowly exhale and visualize negativity leaving your body. Pause after each exhalation and relax every muscle. Do this for one minute.

5. A Taoist sleep position: The Deer Sleep Posture

Ge Hong recommended following the four anti-insomnia exercises above with this particular sleeping posture. Turn partway over to sleep on your right side. This is called the "deer sleep posture" because it looks similar to the position of a deer asleep in the wild. Bend your right arm at the elbow, with the palm facing up in front of your face. Rest your left arm with your elbow on hip, hand dropped down in front of your abdomen. The right leg is naturally straight, and the left knee is bent, resting on the mattress in front of your right thigh.

Please consult your healthcare provider before using any of the methods described in this article.

Tai Chi for Health



T'ai Chi for Health is a gentle, beautiful and flowing exercise routine that is a joy to do, energizing and deeply relaxing; it brings health and vitality to all who practice it.

In Lombard

Sunset Knoll Recreation Center
820 S. Finley Road,
Lombard, IL 60148

Every Monday at 5:00pm
July 5th & August 23rd

Call: 630 620 7322

In Wheaton

Wheaton Sport Center
1000 W. Prairie,
Wheaton, IL 60187

Every Wednesday at 10:45am
July 7th & August 25th

Call: 630 690 0887

In Wood Dale

Wood Dale Recreation Complex
111 E. Foster Avenue,
Wood Dale, IL 60191

Every Thursday at 10:30am
July 8th & August 26th

Call: 630 595 9333

In Glendale Heights

Sports Hub, 250 Civic Center Plaza, Glendale Heights, IL 60139

Every Wednesday at 1:00pm starting July 7th & August 25th

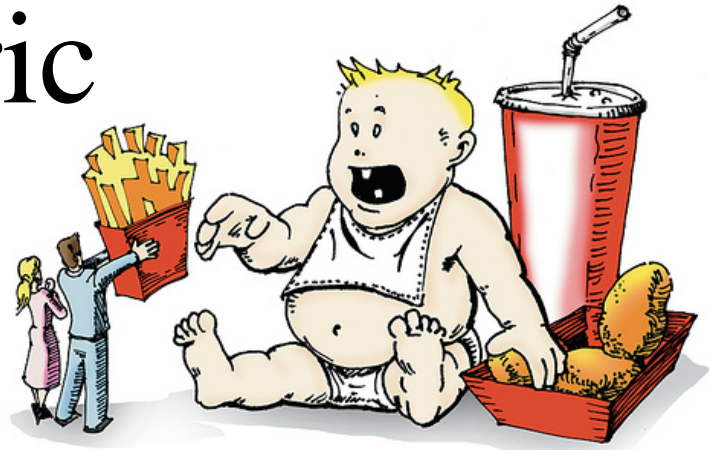


Suitable for
students with
special needs

All our classes are suitable for participants of all abilities.



The Pediatric Obesity Epidemic



More than 9 million U.S. children between the ages of 6 and 19 are overweight. This is not such a shocker if you realize that 65.7% of American adults over the age of 20 are overweight with 30.6 % of those being considered obese.

If you are overweight as a child you are more likely to be overweight as an adult.

What are the dangers for a child to carry too much weight? The most immediate and serious consequence is the possibility of weight-related health problems. Some of these health problems are Type 2 diabetes and pre-diabetes, (a darkening and thickening of the folds of skin at the neck and armpits associated with insulin resistance), fatty liver disease, hypertension, poor cholesterol profile, inflammation of the gallbladder, headache and nausea caused by increased pressure on the brain. Also excess fat ultimately requires that the child's heart work harder and it puts a strain on the musculoskeletal system.

There are psychological consequences as well. Overweight children frequently experience significant emotional turmoil as they attempt to cope with teasing and bullying from insensitive peers. They must also battle doubts about their own self-image and abilities.

So how did so many children become overweight?

There are a number of factors that when put together make it quite easy to see how this has happened.

Children are eating more and moving less. Busy life styles make it harder to sit and eat a well balanced meal as a family. Parents often go through the drive through on their way home from work to pick up dinner.

Children on average spend six and a half hours each day in front of a media screen of some sort. This includes the television, movies, computer or video games. Think of the time on average that a child is awake during one day. Up to the age of 10 a child

should be getting about 10 hours of sleep a night, an average school day is now 6 hours, with the 6½ hours spent in front of some sort of media screen, that leaves 1½ hours for exercise, eating breakfast and dinner, travelling to and from school, not to mention home work, baths etc. Children need to get moving. If a child cuts his media intake down by just one third, that would give them, on average 2 hours a day to be physically active.

Is it wise to go from a very sedate way of life to 2 hours of physical activity all at once? No, most definitely not. It should be done gradually. We are all creatures of habit. Changes in ones lifestyle can be trying, even when it's a change for the better. It should be done in small steps over a period of time.

Another big factor in the cause of so many children being overweight is the food that they eat. "Creative" kid food concepts have become all the rage, like green ketchup and neon yogurt. These foods have added chemicals and coloring. Preservatives, sugar, and fat added during processing can leave even wholesome sounding foods such as fruit juice and muffins barren of nutrients.

The American Journal of Clinical Nutrition found that the use of high fructose corn syrup as a food ingredient and additive grew by 1000% between 1970 and 1990; an increase that researchers found paralleled the rising rates of overweight and obesity in the United States.

The general rule is that the further the food gets from its original and organic state, and the longer it takes to get from the source to the child, the fewer nutrients the child will get out of it. Portion size is an issue; we live with the mentality that bigger is better. All you can eat buffets, huge restaurant portions, buy one get one free deals, value meals.

So what can we do? How do we help our overweight children become active and fit?

Discover the Secrets of Chinese Health Balls



A longer workshop taking an in-depth look at an exercise system that has been in use for 2,000 years. Includes Qi gong applications and more!

*Free Health
Balls for all
participants*

Their use can reduce the risk of carpal tunnel syndrome, tendonitis, repetitive strain injury, rheumatism and arthritis. They are deeply relaxing, can help reduce stress, improve overall health, stimulate the mind and reduce your risk of cognitive decline, dementia and Alzheimer's.

Thurs, August 19th 8:00am-noon

Oakton Community College, Skokie Campus,
7701 North Lincoln Avenue, Skokie, IL 60077
Registration: 847 635 1600 or www.oakton.edu
Course code: HEA E44-31 4 CEU's available

Sunday, Sept 19th 1:00pm-5:00pm

The Lighthouse Center, 165 S. Church Street, Winfield, IL 60190
~ To register call 630 229 4434 or visit www.7StarsMA.com



**Balance your body, mind and
spirit through the use of
Chinese Health Balls!**

12 Reasons to drink a cup of green tea

- 1 - Green Tea contains Catechins which are known to reduce the risk of four of the major health problems: Stroke, heart failure, cancer and diabetes.
- 2 - Green Tea contains a high level of Theanine, which has shown to reduce mental and physical stress, relax and calm the mind, improve cognition and productivity by increasing production of Alpha wave by the brain.
- 3 - Green Tea has a positive effect on the mood.
- 4 - Green Tea helps to aid weight loss by promoting fat oxidation at rest and prevents the increase of Cholesterol.
- 5 - When applied on the skin, its active ingredients fortify cells and support a healthy foundation to prevent and defend against UV damage.
- 6 - Green Tea's Catechin has anti-bacterial properties and can prevent food poisoning.
- 7 - Green Tea is rich in antioxidant which is effective to slow the aging process. Also, the Catechin is a very strong antioxidant.
- 8 - Green tea can even help prevent tooth decay! Just as its bacteria-destroying abilities can help prevent food poisoning, it can also kill the bacteria that causes dental plaque.
- 9 - Regular consumers of green and black teas are at reduced risk for heart disease.
- 10 - A Chinese study published recently in the Archives of Internal Medicine showed a 46%-65% reduction in hypertension risk in regular consumers of oolong or green tea, compared to non-consumers of tea.
- 11 - Studies have found an association between consuming green tea and a reduced risk for several cancers, including, skin, breast, lung, colon, esophageal, and bladder.
- 12 - Green tea's catechins are more powerful than vitamins C and E in halting oxidative damage to cells

"Better be deprived of food for three days than tea for one"

Ancient Chinese Proverb.

Holistic Ceremonies

Created just for you

Weddings, vow renewals, commitment ceremonies & more

We can assist you in creating a ceremony that truly reflects and expresses your beliefs and commitments to one another. Traditional, civil, unity sand & candle, hand-fasting and Celtic ceremonies are available. We can legally preside over your wedding ceremony after you have obtained a valid license from the county.

Naming ceremonies & blessings

Honoring a new or change of name is an important moment in our lives; a time to present the new individual to the community; ensuring that they are a part of something greater, placing them under the protection of those present.

House clearings & blessings

We can cleanse your dwelling, room or possessions of negative or stagnant energies and dedicate them to your own spiritual needs, creating a sacred space filled with peace, harmony and healthy positive energy mirroring who you are.

Rites Of Passage

There are many rites of passage we go through in life such as divorce, baptism or adolescence into adulthood. We can help honor your rite of passage by creating a special ceremony honoring your transition.

All our ceremonies are individually designed to reflect your spiritual beliefs, wishes and intentions; to create an occasion as truly unique as you are.

Contact Reverend John

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john@holisticceremonies.com

www.holisticceremonies.com



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~ more than just a foot rub ~
it promotes healthy living ~



Your body is reflected in your feet; you can expect to improve circulation, decrease muscle tension & soreness and for positive changes to occur throughout your body.

John Robertson

~ Certified Reflexologist
& Reiki-Reflex Practitioner ~

630 229 4434

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Reiki Master Practitioner & Teacher

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To book a personal treatment call:
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www.holistichands.wordpress.com

Questions & Answers

Our experts answer all your questions on health and exercise.

How does acupuncture work, and is it safe? J.O'N.

Extremely fine, hair-thin, pre-sterilized disposable needles are placed at specific points on the energetic pathways, known as Meridians. Stimulation of these points gradually restores balance by regulating Yin and Yang, strengthening the body resistance and gradually eliminating pathogenic factors. As a rule, acupuncture is not painful. When the needles are inserted, you may experience a sensation of tingling or warmth. People are surprised to find that treatments are actually quite relaxing.

Acupuncture is a safe medical procedure and is well-known for its efficiency, and lack of side-effects when administered by a qualified practitioner.

How many treatments will I need?

That depends upon duration, severity, and nature of your condition. You may need only a single treatment for an acute condition. A series of five to fifteen treatments may resolve many chronic problems. Some degenerative conditions may require many treatments over time.

Acupuncture can be effective when other medical care has failed. Whereas any system of medical care has its own areas of efficiency and excellence, acupuncture may help when other medical treatments fail. Acupuncture excels in such areas as chronic disease treatment, pain control and stress reduction.

Q: What causes stress? B.J.

A: What causes a person to experience stress is different for different people; what may be one person's stressor can be an exciting motivator to another person.

Some common causes of stress are changes in your life like marriage, divorce, a new job or the birth of a child; trauma or crises, like illnesses, death of a loved one or a traumatic event like a burglary; excessive demands on you and your time; conflicts or unpleasant people; small daily hassles; barriers that prevent you from reaching your goals; feeling little control over your life; and boring or lonely work.

Q: Can I avoid stress? M. H.

A: You can not completely avoid stressful situations; however you can alter your reaction to those situations, resulting in far fewer physical symptoms of stress and negative results.

Send your questions to john@7starsma.com

Learn to use your own healing abilities



Natural Energy Healing

We all have innate healing abilities. In this class you will learn to tap into that inner wisdom; and using the natural energy of the universe help yourself and your family heal.

This energy can help you to re-establish balance and harmony on the physical, emotional, and spiritual planes so that the natural function of your body is restored and its natural ability to heal itself is activated.

This is a hands-on workshop under the guidance of a Reiki Master Teacher and Qigong Instructor.



By invitation only!

Reiki Master Class

Sunday, July 18th
9:00am - 5:00pm

To be held at the
Lighthouse Center
in Winfield

630-229-4434



**Lombard
Community
Building**

Lombard Park District
433 E. St. Charles Rd.
Lombard, IL 60148

630 620 7322

Friday, August 6th
9:00am - 5:00pm

 **ROSELLE PARK DISTRICT**

Class
Recreation Center
555 W. Bryn Mawr Ave,
Roselle, IL 60172

630 894 4200

Friday, August 27th
9:00am - 5:00pm

Falls?

They don't have to happen to you



Learn the risk factors, causes and consequences of a fall; simple things you can do around the home and when out and about to reduce your risk of falling; what to do if you fall; and what steps you can take to improve your balance and prevent falls.



**Sunset Knoll
Recreation
Center**

Lombard Park District
820 S. Finley Road.
Lombard, IL 60148

630 620 7322

Friday, August 6th
6:00pm - 7:00pm



The
Sports
Hub

250 Civic Center Plaza,
Glendale Heights,
IL 60139

630 260 6060

Wednesday, August 25th
6:00pm - 7:00pm



Courts Plus

186 S. West Avenue,
Elmhurst, IL 60126
630 833 5064

Friday September 10th
6:00pm - 7:00pm