

PLANT-POWERED LIVING: A HOLISTIC APPROACH TO VIBRANT HEALTH (161)

Mondays, 1:00 – 2:30, (2 Classes, 10/12 – 10/19) in Room 19	Tuition \$25
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Discover the power of plants and the wisdom of holistic living in this uplifting and educational class. Designed for those curious about a plant-based lifestyle or looking to deepen their wellness journey, this class explores how food, mindset, and natural healing work together to support whole-body health.

We'll cover the essentials of plant-based nutrition, meal planning made simple, natural detox tips, health benefits of using essential oils and daily habits that nourish your body, mind, and spirit. You'll also learn how to tune into your body's signals, reduce inflammation, boost energy naturally, and cultivate a more balanced, vibrant life—one meal and mindful step at a time.

Shirley Sullivan is a holistic nutritionist and wellness educator passionate about the healing power of plants. With a focus on whole-food, plant-based living, she along with the Wellness Warriors she has partnered with to empower others to take control of their health through simple, sustainable lifestyle changes.