



Rosen Wellness Courses and Seminars

Five Strategies for Successful Weight Loss

Many of us want to know – what is going on? I watch what I eat, I exercise regularly, but I am not losing weight. Others of us have tried a variety of diet programs with varying degrees of success, but often once the diet is over, we gain the weight back. There are many factors that influence our ability to lose weight. Come and learn five key strategies for successful weight loss.

Your Weight and Your Health: Top Five Reasons to Lose Weight

Learn the top five reasons to lose weight as we explore how your weight has a significant relationship to your overall health. We will discuss the major health issues related to being overweight, how we become overweight, and strategies for successful weight loss.

Energize Your Life: Top 25 Energy Boosters

Are you looking for more energy and vitality? There are many ways to boost energy in a natural way. Learn the top 25 ways to invigorate your body and mind through diet, relaxation, sleep, and exercise.

The Three Keys to Optimal Digestion

We have all heard the old saying – we are what we eat. Yet, there is much more to the story. We are what we digest. Much of the U.S. population experiences some form of digestive problems – gas, bloating, heartburn, constipation, and/or diarrhea. In this workshop we will learn the role of food, enzymes, and beneficial bacteria as part of the three keys to optimal digestion.

How Not to Get Sick When Everyone Around You Is: Top Five Immune Supporters

It seems we are now in a perpetual “cold and flu season.” From a natural perspective, the best way to protect ourselves from any external unwanted invaders is with a strong immune system. Learn how your immune system works and the top five vitamins and minerals to keep you healthy while everyone around you is getting sick.

What SHAPE is Your Health?

Restore your health and revitalize your life with SHAPE ReClaimed™. An easy, safe, effective, and practitioner-guided health transformation program designed to: reduce inflammation, cleanse and detoxify, strengthen immunity, and shed excess weight. Learn how the program works and why it may be right for you!



Healthy Aging: You're Not Getting Older, You're Getting Better

Tired of hearing from your doctor, “That’s just a sign of age, there’s nothing you can do about it?” In this class you will learn how to age in a healthy manner and reduce the effects of aging. We will discuss the latest and greatest anti-aging supplements and how they are designed to work.

Spring Cleaning: Three Ways to Detox and Improve Your Health

Our body is constantly exposed to toxins in the food we eat, the air we breathe, and throughout or home and/or work environments. It is always a great time to give your body a break and explore a detoxification program. Learn three different ways you can detox and how it will improve your health.

The Pioneers of Nutrition and the Eternal Truths of Healing the Body

Did you know that back in the 1930’s and 1940’s several nutrition researchers had made connections that our Western diet based on refined and processed food was contributing to increasing rates of chronic disease? Yet, no one believed them and worse yet termed them as “quacks”. Who are they and what did they discover? Come meet the pioneers of nutrition – Dr. Weston Price, Dr. Frances Pottenger, and Dr. Royal Lee.

Men’s Health: An Honest Conversation for Men (and Women) over 40

By the age of 50 – 75% of men have enlarged prostates and 33% of men have cancer cells in their prostates. By the age of 75 – 75% have cancer cells in their prostates. Did you know that over 50% of men between the ages of 40 and 70 suffer from erectile dysfunction? These statistics do not have to be. In this class you will learn the natural ways through diet and supplementation to improve these condition and regain your health and vitality. This class is designed both for men and for their supportive partners to better understand men’s health issues.

Nutrition Basics

Learn the nuts and bolts of nutrition – protein, carbohydrates, fats, vitamins and minerals. There are all kinds of diets being marketed to the American public: low carbohydrate, high carbohydrate, low fat, high fat, low protein, and high protein. How do we know what is good for us? The truth is that we need carbohydrates, fats and proteins for our bodies to operate. However, all carbohydrates, fats and proteins are not created equal. Learn why we need these in our diet and how to make healthy choices. For each of these nutrients you’ll learn what they are, what they do in the body, why we need them, and dietary sources.



Meet Your Hormones

What's controlling all aspects of your life and you may not even know it? Your hormones - they control, manage, direct, and define every aspect of your daily life. Learn which hormones are key and what they do for you.

Food Shopping Made Healthy and Easy

We can leave for the grocery store with all of the best intentions to buy “healthy food.” But, when we reach the store we are confronted with a variety of health claims on food packaging. In this class, we’ll look at food labels and recommended daily allowances to better understand what you are purchasing at the grocery store and ultimately eating. Learn how to cut through the hype of marketing claims.

What’s Causing My Aches and Pains: Inflammation and Arthritis

As we age many of us will experience the effects of inflammation in the body, the pain of arthritis or the effects of osteoporosis. Learn the origin of these degenerative diseases, what you can do to reduce your symptoms, and what you can do to reduce your risk of developing these diseases.

The Joy of Relaxation – Simple Stress Management Techniques

Stress is the most widespread affliction in our fast-paced world. It affects people of all ages. It comes from a wide variety of sources and is at the root of many common cardiovascular, digestive, energy, and weight complaints. Learn the impact of stress on your body, but more importantly learn techniques to reduce its effects.

Women’s Health - Aging Gracefully and Managing Menopause

An introduction to female sex hormones – what they are, where they come from, and what they do in our bodies. Hormones are very powerful substances that influence most of the activities in our body. When not in proper balance a variety of symptoms can be present. Learn how your sex hormones may be affecting you and what you can do about it.

The Five Rites of Rejuvenation: Five Simple Exercises to Start Your Day

Also known as The Five Tibetans these simple exercises are a great way to start each and every day. The complete practice requires only 10-15 minutes. This is a hands on workshop as each movement and modifications are addressed.