



The Ruscombe Mansion Community Health Center

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4801 Yellowwood Ave., Baltimore, MD 21209
in the Coldspring Newtown
410-367-7300

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Expand Your Awareness at Ruscombe

June 23-24 Level I & June 25-29 Level II -**Mining Your Metaphors** with Gina Campbell. A systematic process for working with your client's metaphors to promote decision-making, creativity, personal healing and growth. gina@symbolicmodeling.com or 410-560-1170

July 9, Aug 6, 2009 - 3rd Annual **Summer Women's Gatherings** with Sara Eisenberg, MS. **The Currency of the Soul: Questions for Our Times** Currency is a medium of exchange – usually we think of coins and paper money, or of bartered services. Ideas, kindness, open-heartedness, a cup of tea are currencies too – as we give freely of them, they are a medium of exchange that supports others while nurturing us within. 410-323-9815, or register online at Ruscombe.org.

July 18, 2009 - **Mirror, Mirror - Journaling for Body Image** with Nancy Evans and Dana Knighten. In an atmosphere of mutual acceptance, respect, and confidentiality, we will use journaling and artmaking techniques to listen to and deepen our relationship with our authentic selves. 410.461.7440, admin@baltimorewwc.org.

Sept 13, 2009 - **Ruscombe Mansion Open House**, 1-4.

Sept. 20, 2009 - **ImagoConnects the Sense of Love** with Linda Grande, 1-4 PM. An introduction to the process that helps couples deepen and transform their relationship and “get the love you want.” 410.367.2950, lindagrande@verizon.net.

Yoga for all levels every Mon, Wed, Fri at Ruscombe and **Tai Chi for Children** on Mondays.

Full schedules and descriptions at Ruscombe.org

Summer Lunch at the Ruscombe Co-op Café



Mondays and Thursdays mean fresh soups and cookies on the simplified summer lunch menu in the Ruscombe kitchen. Leftovers often available on Tues, Wed, and Fri. Ruscombe.org or 410-367-7300 for announcements of lunch availability and menus.

Raw Chocolate Class



Learn to energize and heal with pleasure by discovering Theobroma Cacao - the Food of the Gods! Saturday, June 20, from 2-4 PM, come to the Ruscombe Mansion Kitchen for a live demonstration, a presentation on the history of chocolate as a super health food, recipes

and more. Then learn to experience guilt-free pleasure with a sampling of 8 amazing flavors of chocolate. Cost: \$30 per person - only 30 openings available. To Register - 443-418-9534 or Lucas.Seipp@gmail.com.

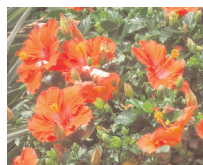
Start Right, Stay Connected

October 18, 2009, 10am to 6pm

“Start Right, Stay Connected” is an Imago Premarital Course for couples preparing to be married. This class gives participants the willingness to seek knowledge about their relationship and to use that knowledge effectively. A great way to begin an enduring and deeply satisfying partnership. This one-day long class will cover: romantic love, the power struggle, getting conscious, getting connected, re-romanticizing, removing negativity, wedding planning, important conversations before we say “I Do”. Register with Linda Grande, 410.367.2950, lindagrande@verizon.net.



WANTED: Success Stories Like Yours



Clients being treated at Ruscombe for: Trauma, Anxiety/Depression, Pain, Migraine/Headaches, Digestive, Stress, Relaxation, Insomnia, Cancer, and Carpel Tunnel. Share your healing stories with us in the Ruscombe book in honor of our 25th anniversary. wellness@Ruscombe.org or 410-367-7300 to request our interview application.

Ruscombe Mansion

Community Health Center



Open House



Sunday, September 13, 2009
1:00 - 4:00 PM

You are invited to the annual free Open House at the Ruscombe Mansion Community Health Center in northwest Baltimore

Workshops

Gentle Yoga by the Lily Pond, Roling, Shiatsu, Kabbalah's Map for Healing, Massage, Play Therapy, Reiki, Herbal Therapy, Naturopathy
Held on our lovely grounds and throughout both the Mansion and the Hill House

Open Discussion with Ruscombe Practitioners

When not giving their individual presentations, all practitioners are available to answer questions. Our Open Houses are your chance to find out which holistic therapy is right for you with one-on-one free time with our practitioners.

Delicious healthy meals on sale in the Mansion Kitchen throughout the day and free samples of herbal tinctures and teas to invigorate you for the seasonal shift into autumn.



Demonstrations
Activities

Open Discussions
Healthy Foods
Free Samples

Thanks to PNC and the City of Baltimore for their support.