



Ruscombe Mansion Holistic Health Center News

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Newsletter # 69

March 2012



The Ruscombe Healthy Life Series

Select Thursdays 7:30-9:00 PM - \$5.00 per class

Join us at the Ruscombe Healthy Life series and find out what makes Ruscombe so special. It's our breadth of talent and experience spanning so many modalities. We'll share personal tips directly from our practitioners across a variety of healing arts used for centuries. Do something healthy for yourself and someone else: bring a friend!

Tweak Your Self Care: Little Tips to Get Healthier

April 5, 2012

Attend all four in 2012 and become an "Ambassador of Ruscombe Health" with a Certificate of Ruscombe's Healthy Life Program.



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Ruscombe Mansion Community Hall, Lower Level Hill House, Entrance off parking lot. For more information: 410-367-7300 or www.Ruscombe.org

Reservations not required but are appreciated. Schedule subject to change.

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Enhance Your Wellness: Classes at Ruscombe

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February 28, 2012 7:00 PM - 8:00 PM

[Healthy Life Series: Tweak Your Self Care: Little Tips to Get Healthier](#)

April 5, 2012 7:30 PM - 9:00 PM

[Aging Well: The Stages of Elder Life and Caregiving - Healthy Life Series](#)

June 7, 2012 7:30 PM - 9:00 PM

[Your Babies, Your Children, Your Teens: Special Needs of Youngsters - Healthy Life Series](#)

September 6, 2012 7:30 PM - 9:00 PM

[Your Pets, Your Home: Make Your Environment Healthier - Healthy Life Series](#)

December 6, 2012 7:30 PM - 9:00 PM

[Friday Morning Slow/Mo + Restorative Yoga](#)

Every Friday at 10:30 AM - 12:00 PM

[NIA movement class Every Sat 9:30](#)

Every Saturday at 9:30 AM - 10:30 AM

[See All Current and Upcoming classes at \[www.Ruscombe.org\]\(http://www.Ruscombe.org\)](#)

Meditation With George James



February 28, 2012

7:00 PM - 8:00 PM

Come experience meditation with George James at Ruscombe Mansion. George's guided meditations create a field of energy, power and peace to enhance your spirit-mind connection through direct perception and awareness of the Universal field. The session lasts for approximately one hour. The cost is \$30.00.

Location: Ruscombe Mansion Community Health Center
Hill House Conference Room
4803 Yellowwood Avenue
Baltimore, MD 21209

Hosted by Denarah Ferron, LMT
www.PolestarThoughtHealing.com

Please register by one of these options:

Email: denarah@gmail.com
Phone/Text Message - 443-510-3701
[MeetUp group for registration](#)



Space will be limited. Please RSVP.

About Ruscombe Mansion Community Health Center



At the Ruscombe Mansion we address the unique needs of each individual by focusing on the whole person, not simply the physical symptom of disease. Dozens of certified, licensed holistic professionals in private practice provide an integrative approach to health care. It is a unique healing oasis

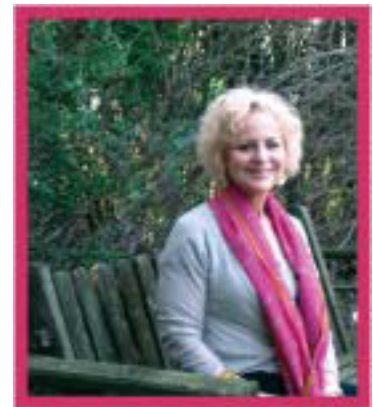
where clients appreciate feeling listened to, and where practitioners naturally gain from each others' experiences.

410-367-7300 · wellness@ruscombe.org · www.Ruscombe.org



**OUR NEXT OPEN
HOUSE WILL BE
HELD ON
10-14-2012**

Jeannine Olson



**- Certified Advanced Rolfer®
- Rolf Movement Practitioner
- Somatic Experience Practitioner**

**\$20 off your first
appointment through
June 30, 2012**

Contact Jeannine for an
appointment at 443-799-1330.