



PRESS RELEASE

American Healing Arts Alliance Inc.

Speakers Program & Workshop

May 3, 2011

TOPIC: Green Cleaning Program & Workshop

PRESENTER: Cathy Desmond, BS, CPA

DAY/TIME May 3, 2011, 7:00-9:00pm

LOCATION Annapolis Lympeidema and Therapy

Center, 2001 Tidewater Colony Drive, Suite 102, Annapolis, Md 21401

(ALTC is at the intersection of Bestgate Rd. and Tidewater Colony Drive).

REGISTRATION FORM: For information call AHAA: (410) 956-0055

or email: info@americanhealingarts.org



Cathy Desmond

Our Speaker Cathy Desmond, BS, CPA, after years working in the corporate world altered her career path due to self-healing challenges. From age nine Cathy struggled with a disruptive thyroid disorder for which she sought both conventional and holistic treatments, eventually determining that food and environmental factors contributed to her illness. Her health slowly improved as she began taking steps to identify and eliminate multiple food reactions and environmental concerns. She also made significant healthier lifestyle changes resulting in her disease going into remission. With her improved health Cathy worked even harder to create healthier, less toxic choices for herself and her family. This led to intensive research on the impact of cleaning chemicals on our health and indoor and outdoor environments.

Cathy's personal lifestyle change lead to developing green cleaning products and toxic free practices. Her talk and interactive workshop will include an informative history of cleaning, including how toxins got into our cleaners, the effect they have on health, indoor air quality and the environment. As an interactive workshop Cathy will demonstrate how to create a complete all-natural home "green conscious" cleaning kit. Participants will mix multiple natural cleaning recipes to see just how easy and fast the process is as well as learn how different ingredients work on a variety of household surfaces. Participants are shown ways to eliminate the use of chemicals that can contribute to toxic conditions in our bodies, homes and environment. Simple do-it-yourself green cleaning kits will be available at a discounted price for those attending her talk and kit making workshop portion of the evening. For more information visit her website at www.cathysparkle.com.

AHAA

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