

Kensington Naturopathic Seminar Series

The staff at Kensington Naturopathic Medical Center often hosts or speaks at local seminars to present the community with quality healthcare information. There is always time to get to know the staff and ask them any questions you might have about natural health and related topics. See below or simply call the office: (860) 829-0707 for an updated schedule of events.

Events:

“Sugar Blues”

The next talk will be at 11:45am on February 7th at Core Studio in Plainville, CT. The talk will be given by Lauren Hoffman, Holistic Health Counselor about “Sugar Blues” and how blood sugar regulation through diet can support steady energy levels, weight loss, reversal of Type II diabetes and cravings.

For more information check the Core Studio web site at

www.corestudioct.com.

The staff of Kensington Naturoapthic will also be writing articles on various health topics for all of the 2009 issues of The Hartford Women’s Journal. You can pick up a copy at our office or check your local Stop & Shop on the newspaper stand.