

Faculty

The ability to communicate macrobiotic common sense is a true calling— **Denny Waxman** embodies that priceless quality. Denny Waxman has more than thirty-five years of insight and experience as a teacher, counselor and student of macrobiotics. He is the recipient of the *Aveline Kushi Award* in 2005 for recognition of his long-term service to macrobiotics.

Susan Waxman has fifteen years experience in teaching and guiding others towards health. Her cooking continually amazes and inspires people. She is Executive Chef at *Genmai Café* in Philadelphia and is working on her first cookbook.

As Directors, Denny and Susan Waxman lead the Institute in all areas from strategic vision to curriculum development and teaching. They are joined by other esteemed practitioners and educators:

Warren Kramer,
Michelle Nemer,
and Patrick Riley.



The Strengthening Health Institute admits students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs and athletic and other school administered programs.

Strengthening Health Institute

1149 North 3rd Street
Philadelphia, PA 19123
Phone: (215) 238-9212
Email: info@strengthenhealth.org
Web site: www.strengthenhealth.org



The 2008 Strengthening Health Intensive

You are invited to join a growing number of students who want to live, learn and enjoy the macrobiotic way of life. Whether you want to improve your own health, help friends and family, or pursue a career in macrobiotics, the Strengthening Health Intensive is an excellent introduction to a healthy way of life.

At SHI, we have created a unique teaching atmosphere that is accessible and welcoming both to those who are just beginning their journey in macrobiotics as well as those who have been following this path for some time. The Strengthening Health approach provides a practical, easy-to-follow framework for understanding the most important aspects of eating habits, format of meals, and lifestyle in order to build lasting health.

Our curriculum is interactive and the basic macrobiotic principles build upon themselves so seamlessly. Our method of teaching enables you to develop the confidence and knowledge you need to maintain or recover your health.

Let 2008 be the year that you choose to strengthen, deepen and enrich your life...

Strengthening Health Intensive

Class Overview

From the moment you arrive for dinner on the first night of the intensive, your journey to health begins on two levels— your body experiences the benefits of eating a nourishing meal and your mind is opened to understanding the strengthening approach to health. Each day is filled with knowledge about how to create and maintain balance in your life, while your body experiences these changes first-hand. As you learn to prepare delicious and healthy meals, you will also feel like you have reversed your biological clock to become stronger and more energetic. You will replace old, unhealthy habits with new, life-giving ones in the crucial areas of diet, lifestyle and exercise. The Strengthening Health Intensive helps you build a lasting foundation for healthy living from the inside out by allowing you to taste the food, gain the knowledge, and sense the difference a macrobiotic lifestyle has to offer.

Testimonials

“Denny Waxman was one of my early students and is outstanding in his knowledge and dedication to macrobiotics. I am proud to have him as one of my associates and regard him one of the leading educators and an outstanding teacher of the macrobiotic lifestyle.”

Michio Kushi, World Leader of Macrobiotics

“I believe the SHI program provides an excellent methodology for improving a person’s total health. I wish that I would have had these lectures in medical school.” **James, Physician, Reading, PA**

“This program has been incredible for me. I’m seeing such changes in my health after just two days of eating macrobiotic food.” **Maureen, Office Manger, Audubon, NJ**

“Denny’s Seven Step Program is straight to the point and easy to understand. Susan’s cooking classes have given me confidence to go home and cook properly and with respect. Thank you..” **Dawn, Server, Gales Creek, OR**

Main Topics Include

- Understanding yin and yang
- The seven steps to strengthening health
- Nutrition and digestion
- Transitional symptoms and discharge
- Food classifications and choices
- Kitchen set-up and menu planning
- Food shopping and storage
- Styles of cooking and variety
- Cooking demonstrations and classes
- Daily exercise and spiritual meditation
- Optional group counseling with personal recommendations from Denny Waxman are available during the intensive

Schedule

The Intensive will be offered four times in 2008

February 20-24, 2008

May 14-18, 2008

August 27-31, 2008

November 19-23, 2008

Intensives start at 6 P.M. on Wednesday with dinner and end at 2 P.M. on Sunday.

Participants will receive a certificate of completion at the end of the course.

Costs and Information

Prices include program tuition, three delicious macrobiotic meals per day and course materials. Accommodations are not included.

\$775 if paid in full 90 days before class begins

\$875 if paid in full 60 days before class begins

\$975 if paid in full 30 days before class begins

\$1075 after the 30 day cutoff

\$495 to repeat the intensive

**\$100 additional payment for students choosing to receive group counseling

Methods of Payment include

Visa/Mastercard/Discover and Check
(returned checks are subject to a \$25.00 fee)

The Strengthening Health Intensive is a prerequisite for the Comprehensive Certificate Program (CCP).

The Intensive will be held at our center:
1149 N. 3rd Street, 1st Floor,
Philadelphia, PA 19123

Call 215-238-9212 for information or to register.

Cancellation Policy:

In the event that you choose to withdraw from the Strengthening Health Intensive the following terms apply:

If your notice is given two weeks prior to the start of the course, a full refund will be given minus a \$100 processing fee. If your notice is given less than two weeks you will receive a tuition credit towards a future seminar within one year, minus a \$100 processing fee.