 – Event sponsored in part by *Natural Awakenings Magazine Chicago North & North Shore.*

 – *Natural Awakenings Magazine Chicago North & North Shore distribution location.*



Holiday Harvest Feeds the Hungry

Radio station WCPT is conducting its annual Holiday Harvest to help feed the hungry. This Holiday Season, WCPT and Faith in Place are collaborating to collect and distribute

food for those among us who are in need.

Throughout December, the drive is targeting eight essential food items that have been determined to yield the most efficient use of resources and preservation. These include the “essential eight:” oatmeal, canned fruit, canned vegetables, peanut butter, pasta, macaroni & cheese, tuna and canned meats.

Donating locally grown foods is an even better way to participate. Individuals may find recommendations online at Tinyurl.com/79uut7g.

Numerous food collection locations may be found throughout the Chicago metro area, including North Shore Unitarian Church, 2100 Half Day Road, in Deerfield and First Free Angelical Church, 5255 N Ashland Avenue, in Chicago.

WCPT 820-AM & 92.7-FM is streaming 24/7 at ChicagosProgressiveTalk.com See ad on page 47.




Opening to Love Workshop

The Inner Metamorphosis University will conduct a workshop, Opening to Love, from 10 a.m. to 3 p.m., Saturday, December 10. Exercises to be practiced

at the workshop may include: Releasing Love Exercise; Mirroring—tuning in; Chakra Breathing; Flowering of the Heart; Dropping Words; Exercise and others.

“Love is a byproduct of the raising consciousness; it is the shadow of awareness,” says Amona Buechler, IMU co-founder. “Exercises that raise consciousness and gently touch the heart are to prepare the inner atmosphere for love to happen. Our being then opens up to the mystery, to the tremendous beauty of life within ourselves as well as in contact with all others.”

 *Cost: \$65, including tea break. Discounts are available on website. Location: 1418 W. Howard St., Chicago. For more information call 773-262-1468 or visit Lifesurfing.org. See ad on page 3.*

Look as Young as You Feel

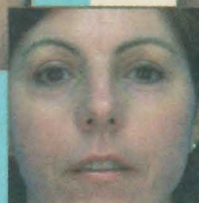


Dr. Josie Tenore can help both men and women to feel good from the inside out with non-surgical skin rejuvenation.

At FreshSkin, we offer laser treatments using Sciton's MicroLaserPeel® and ProFractional™ treatments to remove damaged superficial skin and stimulate collagen replenishment so you can look like yourself again.

Benefits to you include:

- Younger looking skin
- Tone and texture improvement
- Wrinkle reduction
- Age spots erased
- Scars minimized
- Acne scars minimized



We treat faces, hands, arms, legs and all of your skin!

Call FreshSkin today at **847.681.8821** to schedule your complimentary consultation.

Say goodbye to visibly aging skin!

FRESHskin

806 Central Ave, Ste 203,
Highland Park
www.myfreshskin.com



About Josie Tenore, M.D.

Dr. Tenore completed her medical training at the University of Toronto, Canada in 1984 and obtained a Master of Science degree in Public Health from Harvard University in 1998. Dr. Tenore has taught at the University of Toronto, Brown University in Rhode Island and at Northwestern, and since 2006, has focused all of her time on Aesthetic medicine and writing. She is a member of the American Academy of Family Physicians and the American Society for Laser Medicine and Surgery.