

natural awakenings chicago

Sections More

Improve Vision and Enjoy Life More

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Mimi Shekoski, Ph.D.

Mimi Shekoski, Ph.D., a certified Natural Vision Improvement teacher and holistic natural health doctor, is the owner of Happy Eyesight Studio, with locations in Crystal Lake and Highland Park, offering holistic natural vision improvement coaching services to people of all ages.

She will conduct a Workshop for Better Vision from 10 a.m. to 5 p.m. on April 8 and May 20 that can benefit people with vision conditions including middle-age sight with reading problems, nearsightedness, farsightedness, astigmatism, cataract and glaucoma.

Consultation via phone or Skype is available to those that wish to see clearly without glasses, contact lenses or surgery. Local workshop or upcoming online video courses are also offered to encourage people to see clearly with their own eyes, without corrective lenses that could cause dependency and deterioration.

Location: 4314 Carlisle Dr., Crystal Lake. For appointments, call 815-219-7897 or for more information, visit HappyEyesight.com. See ad in the Community Resource Guide.

More from Natural Awakenings



New Natural Awakenings App Released

The Natural Awakenings healthy living, healthy planet lifestyle app has been upgraded with a brand-new look and updated features.



Many New Developments from Bell Lifestyle Products

With more than 20 years of experience, Bell Lifestyle Products Inc., in South Haven, Michigan, is expanding its line of products.



Gyrotonic Studio Opens New Location in Highland Park

SPYRL Chicago, a Gyrotonic studio that offers individual and group sessions, is now open in its new, light-filled location at 1781 Green Bay Road, in Highland Park, serving all of Chicagoland.

New Book from Local Psychologist Carl Greer

Carl Greer, Ph.D., Psy.D., is a practicing clinical psychologist, Jungian analyst and shamanic practitioner.



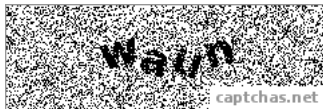
New Certified Functional Medicine M.D. in Elk Grove Village

Certified IFM practitioner Dr. Peter Kozlowski has opened an office at 92 Turner Avenue, in Elk Grove Village, and is accepting patients of all ages.

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Film Showing by the Bruno Groening Circle of Friends

The Bruno Groening Circle of Friends is screening a new documentary film, *The Phenomenon Of Healing*.

Freeman Displays Nature Photos at Brushwood Center

A new Endangered Beauty exhibit that runs from April 23 to June 5 at Brushwood Center at Ryerson Woods reveals stunning photos of Illinois' rarest species.

Midewin Tallgrass Prairie Offers Spring Events

A vast expanse of some 18,500 acres of virgin American land, Midewin Tallgrass Prairie recently hosted production of a new Public Broadcasting Service (PBS) episode of *Travels with Darley*: "Route 66 & Midewin."

All Plastics Are Not Created Equal for Recycling

When it comes to recycling, we all want to do our part, but plastics can be confusing. It may come as a surprise that the term covers a variety of materials that use very different ingredient and manufacturing processes, which we cannot treat all the same because it may gum up the stream or even damage the machinery at our local material recovery facility (MRF).

Preventing Digestion Problems

Reneé S. Barasch, a certified digestive health specialist, detoxification/purification specialist and founder of Nutritional Health Solutions, in Highland Park, has been a Chicago area leader in nutrition and digestion education for more than 12 years.

Become Certified as a Life & Executive Coach

The Certified Coaches Federation (CCF) will conduct a two-day training to provide attendees all the tools they need to launch their own practice as a full- or part-time professional life coach or executive coach, from 9 a.m., April 8, through 5 p.m., April 9, at the Embassy Suites by Hilton Chicago Downtown.

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