

Private Coaching For All Runners

With the Fall racing season approaching, local runners are starting to train for races around the Tampa Bay area. Race participants are no longer just competitive runners, but also fitness runners seeking 5ks, 10ks, half marathons and marathons as a way to stay focused on their fitness goals. Since 2000, marathon participation in the United States has grown significantly, creating an increased need for coaches to assist in training for such demanding events.

To help runners get a jump on their training, Every Runner Private Coaching offers coaching services to runners of all abilities. With the help of a certified running coach, runners can expect to run faster and longer while minimizing injury. A running coach can provide custom training programs, motivation, scientific advice and constant feedback and advice.

For more information about how a running coach can help, visit www.everyrunner.com or call 727-417-1219.

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I Can Do It! Tampa

Hay House, the international leader in self-help and motivational publishing, will host its annual I Can Do It! conference, Thursday through Sunday, October 2-5, 2008 at the Tampa Convention Center.

I Can Do It! is designed to support participants in a journey to new levels of personal growth. The conference features more than 35 inspiring authors and 35 empowering workshops and lectures hosted by some of Hay House's most popular authors. Workshops will be held Thursday through Sunday. Each day there will be one keynote speaker. This year's keynote speakers are Sylvia Browne, Dr. Wayne Dyer, Marianne Williamson, Dr. Christiane Northrup, Robert Holden, Doreen Virtue, and Cesar Millan (the Dog Whisperer).

For more information and tickets visit www.hayhouse.com or call 800-654-5126. Register early and save. See ad page 6.

Empowering Herbal Medicine-making Workshops

Since publicly available data on herbs can be confusing and often contradictory, identifying natural remedies that meet specific health needs is often difficult. To fill this gap, HerbalWise, LLC, a St Petersburg-based company teaches individuals the skills necessary to produce natural remedies that can empower them to address their own health and wellness needs.

Herbalist Deserie Valloreo conducts the HerbalWise workshops. She has a combined 20 years of professional experience in managing projects and developing training programs. Her personal interest in herbs and natural health and her desire to help people inspired the formation of HerbalWise. She is a member of the American Herbalist Guild, Herb Research Foundation, and the Florida Native Plant Society.

"People are rediscovering that herbs offer a safe and effective alternative and/or complement to traditional medication," Valloreo explained. "They are getting back to growing, gathering and making medicines for themselves."

HerbalWise workshops are offered evenings and weekend mornings. Advance registration is required. For registration and workshop schedule, visit www.herbalwise.us.com.

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