



The open concept living area is a wonderful space to host or enjoy workshops, classes and events.



Enjoy delicious meals created to nourish and energize in the cozy dining space.



Health Retreat Suite offers peace and tranquility, so you can get a restful, uninterrupted sleep.

CONTACT

Heartwood House is located in the Old Mennonite Church North of Borden.

www.healingwithnutrition.ca

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HEARTWOOD HEALING CENTER



ABOUT PAULETTE

Registered Holistic
Nutritionist (RHN)
Registered Social Worker
(RSW)
Author & Speaker

Paulette is a teacher,
facilitator and counselor,
addressing life issues and
helping people empower
themselves by reconnecting
with the timeless wisdom of
healing with nutrition.

Paulette is a published
author of bestselling books,
articles, columns and video
productions. She is an
accomplished speaker who
has led workshops, seminars
and presentations in her
field. Paulette is dedicated
to providing resources
necessary for people to take
charge of their health.

OFFERINGS



HEAL YOUR BODY

Paulette offers workshops, classes, and 1-3 day personal retreats created to empower and educate on nutritional healing. Offering both Nutritional Assessments and Consultations you can receive personalized attention for your unique needs.

HEALING RETREATS

Book yourself in for one, two, or three days of peaceful quilting by yourself, or with friends. Quilting stations, iron and ironing boards, cutting boards, design wall, snacks, and healing meals provided. Bring your machine, projects, and slippers, and enjoy the tranquility.



HOST AN EVENT

Heartwood Healing Center is available to rent for workshops, retreats, and events. Create an unforgettable experience while relaxing in our health retreat suite, cozy common room, large scenic deck, and a fully equipped kitchen.

"Heartwood Healing Center is a great experience. It is peaceful, serene, refreshing, and calm. I had the most amazing sleep and felt the stress melting away. The food is delicious, nutritious, exquisite, unique. The mentorship of what to buy, where to buy, how to prepare and store the selective foods for healing was so useful. This place is a little treasure. Less expensive than going to someplace foreign, and healthier and easier than flying to get there. One day at this retreat will change your life." Client 2017