

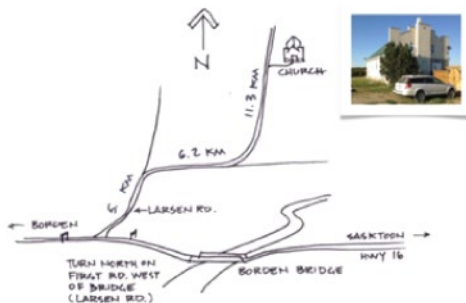
INFLAMMATION: THE ROOT OF ILLNESS

Enjoy a relaxing day in the country with Paulette. Learn anti-inflammatory nutrition secrets, and how to eat to beat disease. Increase your energy and your performance. Create nourishing easy to make foods. In this five hour workshop you will learn how to heal your body from the inside out using whole food ingredients.

What do you receive?

- Information and resources to reduce inflammation.
- Demonstration and samples of all recipes
- Opportunity to ask questions in a caring cozy atmosphere
- Best selling healing manual ***Eat Away Illness*** (\$50 value) or two small books of your choice.
- energy creating lunch.

etransfer or cheque due upon registration.



Saturday March 21, 2020
10am - 3pm
Investment: \$115
Old Borden Mennonite Church
North of Borden on Larson Road
Register: (306)244-8890