



**FREE SEMINARS**  
using the  
**Mind & Body Approach**

**\*\*\*\*\*Wednesdays @ 6pm\*\*\*\*\***

**October 17**

Five R- Gut Restoration Program

**October 24**

Supporting Cancer Care Using Alternative Therapy

\*\*Emily Guarriello- Nobello Healing Arts\*\*

**November 7**

Good Fats vs. Bad Fats

**December 5**

Soup Demo---GGOBE Soup

**December 19**

Better Sugar Control

**CALL TO RESERVE YOUR SEAT 609-383-1107**