



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

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

**January 9**

Weight Loss for Life

**January 23**

Healing Power of Food

**February 6**

Soup Demo---GGOBE Soup

**February 20**

Alzheimer's & Parkinson's

**March 6**

\*\*\*TBA\*\*\*

**March 20**

Digestion

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