



FREE SEMINARS
using the
Mind & Body Approach

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

January 9

Weight Loss for Life

January 23

Healing Power of Food

February 6

Prevent & Delay Alzheimer's & Parkinson's

February 20

Soup Demo---GGOBE Soup

March 6

Digestion

March 20

TBA

CALL TO RESERVE YOUR SEAT 609-383-1107