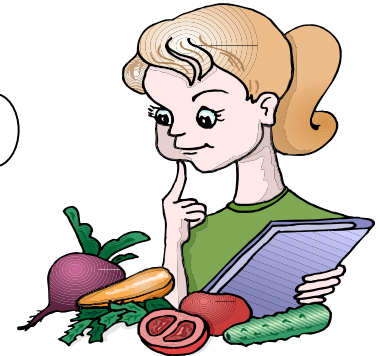
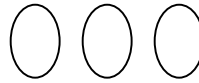


HEALTH EDUCATION NIGHT

How do I fix this
So they'll eat it?



- Join us for a healthy eating workshop and learn to add the missing ingredient of **“HEALTH”**.
- Learn to incorporate more raw, nutrient-dense and colorful foods, without changing your basic menu.
- Watch as we make a healthy CHILI in just minutes, along with a healthy breakfast – On The Go!!

PLUS! Attaining Your Ideal Weight
Boosting Your Immune System,
Reducing Your Risks of Cancer & Heart Disease
Hypertension, Osteoporosis, Diabetes, Arthritis & More...

MAKE YOUR HEALTH A PRIORITY!

Come join us for a healthy snack, and feel free to bring a friend.

RSVP: Tickets available at: Health Restoring Foods.

Date:	September 29th, Monday
Time:	6:15 p.m.
Where:	Health Restoring Foods, 4490 Washington Rd.
Presented By:	Tyra and Richard Wiebe, Health Educators
Guest Speaker:	Richard Wiebe – Stage 4 Cancer Survivor