



The NEW Year is approaching fast...

Please take advantage of **the help** that Simplify, Holistic Nutrition Consulting is offering YOU to make a fresh start for the **year 2015!**

Please ask Silke Heine about the **seminars** she is currently facilitating.

Silke is offering several seminars during December:

- Monday, December 8th, : "Health benefits of achieving a proper pH balance naturally"
- Monday, December 15th, "What is an Anti-Inflammatory Diet?"
- Monday, December 22nd: "Does it really matter if we buy organic food?"

All seminars start at 7 PM and last about 60-90 minutes.

Costs for NAC members is \$ 15 per seminar, for non-members \$ 19.



Please come and see Silke Heine for a 30-minute complimentary meeting to discuss if there's a need to change your current diet to a more wholesome and more nutrient-rich one. Learn how more educated food choices will affect your health, your energy level, and your overall well-being.

Make your appointment fast and take all the help that Silke is offering to stick to the promises you have been making to yourself about a healthier, more balanced diet.