

## Healthy4life.ca Nutrition Book Club October 2018

Holistic nutrition includes body, mind and spirit. Articles will address each area.

### Nutrition Book Club

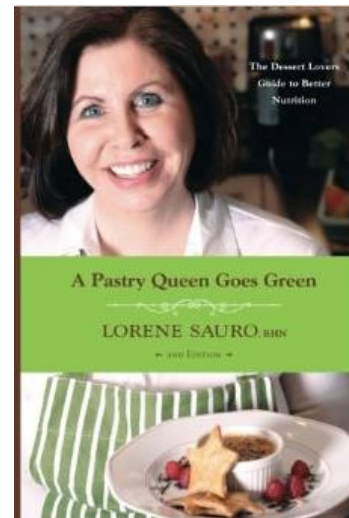
The next book we will be studying is *A Pastry Queen Goes Green: The Dessert Lovers Guide to Better Nutrition* by Lorene Sauro RHN, ISBN 978-1490967646 also available as a Kindle ebook.

How it works. For the book selected, I email you the dates of discussions. You are expected to read the chapters or pages listed and answer the questions listed on the the worksheet you are emailed when you join the book club. When the group meets online using zoom, we go through the questions taking turns answering them and discussing any interesting things we learned or questions we have as a result of the reading.

The 3 dates for this are Monday October 29 pages 1 to 46, questions 1 to 85; Monday November 5 pages 47 to 97, questions 86 to 175; and Monday November 12 pages 98 to 280, questions 176 to 263. All zoom meetings are at 7 pm.

This is a free program.

If you want to participate send an email to [cathyferrenrhn@gmail.com](mailto:cathyferrenrhn@gmail.com) with join nutrition book club in the subject line and I will email you the question sheet and send you the zoom meeting invitations/links.



# Lupus Education Day London Ontario

Friday November 23, 2018 9:30 am to 3:30 pm

Contact Lupus Ontario 1-877-240-1099



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