



Healthy4life.ca Webinars - July/August 2018

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

Understanding the Basics of Gut Health Webinars

4 Modules Mondays at 7 pm on July 23, July 30, August 6 and August 13.

Module 1 - Join URL: <https://zoom.us/j/677393376>

Module 2 - Join URL: <https://zoom.us/j/538270994>

Module 3 - Join URL: <https://zoom.us/j/213716507>

Module 4 - Join URL <https://zoom.us/j/714994360>

Companion ebook available for \$8 + tax on healthy4life.ca



Save The Date 4 the Webinar: Nutrition and Inflammation

Time: Tuesday Jul 24, 2018 7-8 PM Eastern
Time (US and Canada)

Join from PC, Mac, Linux, iOS or Android:
<https://zoom.us/j/561662571>

Learn what foods you can eat in order to avoid, minimize or reduce inflammation.

**Be healthy 4 life,
Cathy Ferren RHN**

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