

**Early Bird Pricing**

**Today Only!**

**Nutrition &  
Heart Health  
Special \$10 +HST**

45 minutes online  
Cash, etransfer, cheque  
Reg. \$20+HST



**Monday November 20 at 7 pm**

**Using Zoom Meetings, download and install the  
free software and app prior to the workshop.**

**Workshop link emailed when payment clears.**

**Presented by Cathy Ferren RHN - Registered Holistic Nutritionist, Life  
Skills and Relaxation Skills Coach. CAHN-Pro the Canadian Association of  
Holistic Nutrition Professionals Member #M0000163.**

**Find out more at [www.healthy4life.ca](http://www.healthy4life.ca)**