



Healthy4life.ca Fermentation Discussion 1

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

Reminder TONIGHT we start our information, discussion and photos for fermenting foods at home on your kitchen counter, follow up in about 2 weeks.

Hi there,

Cathy Ferren RHN is inviting you to a scheduled Zoom meeting.

Topic: FERMENTATION DISCUSSION 1

Time: Sep 24, 2018 7:00 PM Eastern Time (US and Canada)

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/328234817>

Or iPhone one-tap :

Canada: +16475580588,,328234817#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

Canada: +1 647 558 0588

Meeting ID: 328 234 817

International numbers available: <https://zoom.us/j/adWzG14N6Q>

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

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