



Understanding The Basics of Gut Health – A Great Start To The New Year

Moving to a more whole foods diet can be the best gift to yourself this year. Reducing and eventually eliminating hydrogenated fat and other bad fats, refined grains like white flour products and refined sugar can increase your physical and mental health. A healthy gut or microbiome is key to good nutrition and a healthy immune system.

Join me for a 4 week webinar series on Understanding the Basics of Gut Health. Cost is **\$25+\$3.25 HST = \$28.25** registration closes January 4th. **Early bird registration by December 15th \$20 + \$2.60 HST = \$22.60** You get four webinars and my ebook of the same title. Pre-registration is required. Payments can be e-transfer, cash or cheque. Registrations by surface mail must be received and processed by Jan 4th, by email prior to January 4th. Webinars are 4 consecutive 2019 Mondays January 7, 14, 21 and 28. Register now to avoid disappointment.

Osteoporosis and Osteopenia

Monday February 18, 2019 at 7 pm **\$10 + HST = #11.30**, preregistration only by February 14th, payment by e-transfer, cash or cheque.

