



Healthy4life.ca Fermentation Discussion 2

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

Reminder MONDAY, TONIGHT, we continue our information, discussion and photos for fermenting foods at home on your kitchen counter. We had interesting discussion last night and shared people's fermentation experiences. Looking forward to more fun on the fermentation front.

Hi there,

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

Topic: **Fermentation Discussion 2**

Time: Oct 1, 2018 7:00 PM Eastern Time (US and Canada)

Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/383480321>

Or iPhone one-tap: Canada: +16475580588,,383480321#

Or Telephone: Dial(for higher quality, dial a number based on your current location): Canada: +1 647 558 0588 Meeting ID: 383 480 321

Join us, learn something and share your fermentation tales or hopes!

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

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