

“LET’S GET HEALTHY”

WORKSHOP

Saturday – January 9th, 2009 2pm-4pm \$45.00

You’ve heard it. We are what we eat. Literally!

What we consume becomes our cells, our tissues, even our thoughts and moods, and makes our ENERGY!

Have you been struggling with a weight problem?

Do you wish you had more energy?

Are you having trouble getting enough sleep?

Are you overstressed?

Do you crave sugar, caffeine or alcohol?

Do you suffer from digestive issues, anxiety or depression?

Do you have high cholesterol, high blood pressure, asthma, diabetes or other health issues?

If you're ready to make food and lifestyle choices that create health and vitality, this workshop is for you!

When you choose your food consciously, the improvements are reflected in your whole life. With care, love and attention, the body can heal itself. Learn an approach to health that combines nutrition and lifestyle choices - plus, find out what can be adding stress to your body!

The workshops simplify the process. See how healthy eating really can be fun and easy - not hard work. You will learn quick ways to add more veggies, greens, and fruits to your daily nutrition plan to gain more vibrant energy and feel great! Learn how to make healthy desserts that taste great too!



Don't wait! – Call Katie to reserve your spot today and learn how you can attain Vibrant Health.

“I lost the weight I'd been trying to lose for many years, my pain level reduced dramatically and my energy soared in only two months. This workshop was professional, supportive, loving, and truly conscious.” – L. D. – Brentwood, CA

Katie Hernandez, C.N.C., C.B.S.

Call - (925) 240-7070

Classes will be held in Brentwood. Directions given at time of registration.

Please Pre-Pay the \$45.00 to secure your spot.

For more information about Katie’s programs, go to: www.Awakening2Health.com

