



**HEALTH QUEST PRESENTS:  
“LET’S GET HEALTHY”  
WORKSHOP**

**Wednesday - September 24, 2008  
2pm-4pm \$35.00**

***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!**

Are you ready to make food and lifestyle choices that create health and vitality? When you choose your food consciously, the improvements are reflected in your whole life. With care, love and attention, the body **can** heal itself.

Have you been struggling with a weight problem, pain or wishing you had more energy? Can't sleep? Overstressed? Want to reduce your sugar, caffeine or alcohol cravings? Upset by digestive issues, anxiety or depression? Do you have high cholesterol, high blood pressure, asthma, diabetes or other health issues? Then this could be the workshop for you!

Learn an approach to health that combines nutrition, lifestyle choices, and find out what can be adding stress to your body!

“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

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. *Tastes good too!*

**Don't wait!** - Call Katie to reserve your spot today as space is very limited and learn how you can attain **Vibrant Health**.

**Katie Hernandez, C.N.C., C.B.S.  
925 240-7070**

Classes will be held in Brentwood. I will give directions at time of registration.

For more information about Katie’s programs, go to:

[www.awakening2health.com](http://www.awakening2health.com)