

“Eating to Avoid Needing A Doctor”.

Instructor: Cherie Anello, Nutritional Therapy Practitioner and Certified Gut and Psychology Practitioner. Cherie specializes in coaching individuals in supporting their health through the GAPS Diet, traditional foods and targeted supplement support.



Wouldn't we all rather be so healthy we never end up in a doctor's office?

This class will focus on the five pillars that build lasting good health. We will uncover some major mis-information that we are blindly taught by popular media and medicine while discovering how good health practices have been changed by major food manufacturing and biased research over the years.

This two session class will enable you to rethink the day to day choices you make around your health. You will learn practical ways to build and maintain your own good health and the health of your families.

You will be challenged, have fun, and taste some great foundational food!

Saturday, March 22nd and Saturday, March 29th

9:30am to 1:00pm

Crossfire Church, Eugene Campus, 4060 West Amazon, Eugene OR, 97405

\$50.00 at door, \$35.00 preregister / Payment options: Cash or Credit card

*(\$40.00 class fee will be discounted from Initial Evaluation if appointment is made within two weeks of attending this class. Call **541-870-0646** to register.*