**Please Join Us!**

**Health Intensive**

Based on the book:

**FOOD OVER MEDICINE**

**THE CONVERSATION THAT COULD SAVE YOUR LIFE**

**By Dr. Pam Popper, PhD, ND**

****

**What you will learn:**

 **How diet determines your health**

 **The role of diet in preventing and reversing disease**

 **Objective information about diagnostic tests**

 **How to manage your doctor(s)**

 **How to make fabulous health-promoting meals**

 **Info about supplements and other important topics**

**When:** Saturday, March 5th, 2016 8:30am—4:30pm

**Where:** 510 E. Wilson Bridge Rd, Suite G, Worthington, Oh 43085

**Registration:** $49 until Feb 29; $59 after

**Includes:**

- Workbook

 - Live Instruction

 - Meals (Breakfast/Lunch/Appetizers)

 - Cooking Class with Chef Del Sroufe

**Instructors:** Dr. Pam Popper, Cathy Worley, Chef Del Sroufe, Dr. Lana Kontos

**Optional Friday evening dinner at 7pm with Chef Del and Dr. Pam: $15**

**Want to become a certified instructor?** Join us for the intensive, and pay an additional $29.95 for access to the online certification course

**Note: A special gathering for Operation Healthy Girlfriend**

 **members will follow the Saturday program** 