



Wellness Forum Health

New Stuff!! Call 614 841-7700 or email pampopper@msn.com for info

Conversations With Pam

Got Questions??

Get them answered in Pam's monthly Q&A conference calls. You can ask questions about any health-related topic like GI health and probiotics, dietary theories, things you hear or see in the news, and diseases that run in your family. Discussions can also include education and careers, and how to help others with their health. All questions welcome, as long as you are not trying to solve your personal health issues during the call.

All sessions are recorded, and questions can be submitted via email in advance.

Annual Fee: \$299 for 18 sessions **Special offer for first 100 people who enroll: \$99**
Free for annual plan, concierge, and professional members

Schedule for the balance of 2018:

Tuesday August 7	7:30PM	Wednesday Sept 12	12:00PM
Tuesday September 18	7:30PM	Tuesday October 23	7:30PM
Thursday November 15	7:30PM	Thursday November 29	12:00PM
Tuesday December 4	7:30PM		

New Course – Diet Fiction

Based on the new film from Michal Siewierski (producer of *Food Choices*)
How dieting and the diet industry makes people fatter and sicker!

This course is developed and taught by Wellness Forum Health founder Pam Popper. She's featured in the film and is co-author of the book based on the film. In this course you will learn: How our history as a species predisposes humans to gain weight, Why emotional eating is a natural response for many people, How dietary perfection sets people up for failure, Strategies for breaking any bad habit, including poor dietary habits, The truth about diet plans like keto, grain-free and Paleo, How to change your size (and your life) permanently.

Tuition: \$395 Class dates: August 14, 21, 28, September Time: 12:00PM-2:00PM Eastern time
Slide sets will be provided and classes will be recorded for those who cannot participate live.

All participants will receive a free autographed copy of the book when it is released.

New!! Chef Del's Menu Plans For the Personal Chef or Home Cook

Chef Del has 29 years of experience planning menus for both commercial and residential use. His new menu plan service will include an exciting combination of dishes from the U.S. and all over the world, and which are both delicious and easy-to-prepare. This service is perfect for both the personal chef looking to build a reputation for culinary excellence and the home cook who wants to prepare more interesting plant-based meals.

Every week subscribers will receive a menu plan, grocery list, and an approximation of food costs. Additionally, Del will be offering two conference calls per month in order to answer questions and provide more advice.

Fee: \$60 per month, or \$720 per year. **But for the first 100 subscribers who prepay, the fee is only \$199 for the first year, a savings of \$521!**