



Wellness Forum Health

**Join Health Guru Pam Popper for a  
FREE!! 3-day intro bootcamp:  
Make Americans Healthy Again (and it starts with you!!)**

**Thursday March 14 8:00-11:00PM (eastern time)**

**Friday March 15 7:00-10:00PM**

**Saturday March 16 7:00-10:00PM**

**9 exciting hours of free information about health!**

**What we will cover:**

**Get motivated to improve *and maintain* great health**

You'll hear from people just like you who have done it!

**The diet that saves your life AND prolongs your life**

An historical perspective on diets and common myths about them

**Lose weight without trying to lose weight**

Focus on health and weight loss results.

**Habits of healthy people**

Some will surprise you – this is not as hard as you think!

**Prevent the most common diseases**

Common colds to cancer

**Why Alternative Medicine is Often Not the Best Alternative...**

How to choose the best options from ALL branches of medicine.

**Cooking classes and recipes**

How to set up a healthy kitchen and eat delicious foods every day.

**Don't be fooled by medical fake news!**

Basics of how to look at news feeds and info from your doctor.

***Special guests will make an appearance!***

***Pam will answer your questions!***

***AND MORE!!***

**Program will be offered by zoom and made available  
for 2 weeks after the event takes place**

**To register email [shermank@wellnessforum.com](mailto:shermank@wellnessforum.com)**