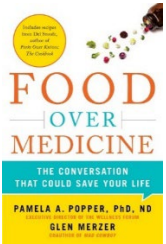




Wellness Forum Health



Food Over Medicine Virtual Weekend Bootcamp
all times eastern

Friday, April 26 7:00-10:00PM

Saturday April 27 10:30AM-12:30PM
2:30-5:30PM 7:30-9:30PM

You will learn...

- How to maintain a healthy immune system
- How to become cognitively sharper as you age
- How diet and exercise impact mental health
- How to build and maintain a healthy microbiome
- The truth about coconut oil and other popular myths about diet
- How to evaluate dietary supplements
- Cooking classes, menu plans, and recipes
- How to achieve permanent habit change
- Topics you've been asking about: Lyme Disease, Shingles vaccines, digestion, bone health, the soy controversy, and more!

Tuition: \$299 member/\$399 nonmember
Sessions will be recorded for later viewing

Feel free to email topic suggestions and questions after you enroll!

**Are you a health professional interested in training with us
and/or possibly joining our network?**

This course could be taken as part of your training!

Email pampopper@msn.com for details