

Christmas in July!!

Take a Look at this VERY Special Offer!!

**Purchase a 6-month supply of our smoothie ingredients for \$766.50
and choose 2 of the following 4 programs (offered via zoom)
Value \$1990 – over 2.5 times your investment!!**

**Purchase a 12-month supply of our smoothie ingredients for \$1533.00
and choose all 4 of the following 4 programs!!
Value \$3980-over 2.5 times your investment!!**

**These VERY Special Retail Offers may not be combined with any other
promotion or program and are non-refundable**

Offer expires August 31 2024 AND

Only 50 people can enroll for each of these sessions

For more details, email shermank@wellnessforum.com

Note: students can submit questions and issues for discussion once enrolled

Optimal Life and Health With Pam Part I (Nov 15 and 16)

Detailed description on page 2

Schedule: Friday Nov 15: 7PM-10PM eastern time

Saturday Nov 16: 10:30AM-12:30PM 2:00-5:00PM

Optimal Life and Health With Pam Part II: Health Aging (Dec 6-7)

Detailed description on page 2

Schedule: Friday Dec 6: 7PM-10PM eastern time

Saturday Dec 7: 10:30AM-12:30PM 2:00-5:00PM

Common Conditions: Causes and Treatments I (Oct 18-19)

Includes hypertension, atrial fibrillation, UTIs, headaches and migraines, reflux, restless leg, thyroid disorders, kidney stones and more!

Schedule: Friday Oct 18: 7PM-10PM eastern time

Saturday Oct 19: 10:30AM-12:30PM 2:00-5:00PM

Common Conditions: Causes and Treatments II (Oct 25- 26)

Includes tetanus vaccines, hemorrhoids, food allergies and sensitivities, tinnitus, fibromyalgia, new perspectives on depression and anxiety, and more!

Schedule: Friday Oct 25: 7PM-10PM eastern time

Saturday Oct 26: 10:30AM-12:30PM 2:00-5:00PM

Optimal Health I: Description

It's a fact. I get more done in one day than some people get done in 3 weeks. AND I find time to take care of myself – I eat optimally, exercise a lot, sleep like a baby (in spite of today's stressors), and I take no meds at age 66. I receive emails every day asking me "How do you do it?" Enroll in my weekend Boot Camp Immersion Program and I'll teach you how. It's easier than you think.

Here are just a few of the topics covered during this weekend:

- Protect yourself from colds and flu – AND COVID-19!
- Debunking myths about COVID ranging from who is vulnerable to what to do if you are sick
- How I stay happy, centered and productive regardless of what is going on "out there"
- Get in the best shape ever for winter (much better than waiting till spring!) – simple diet changes that make BIG differences, exercise that matters, real data on optimal sleep habits, and impact of stress and belief systems
- Time management – how to get it all done!
- The supplement debate – which ones are really important and which ones do not matter?
- Navigating today's dysfunctional healthcare system – what to do when faced with mandates, pressure from providers and how to prevent harm from the present system
- Lots more and plenty of time for questions and answers!

Note: High school students are welcome to watch with their parents; for those who want to use this course for home school credit, I will have assignments ready.

Optimal Life and Health With Pam Part II

You've already taken Part I. You are starting each day with Pam's Superfoods Smoothie, eating well, exercising, and living well. Now it's time to up your game with Part II!

Here are just a few of the topics covered during this weekend:

- How to live – really live!! – to be 100 (or more)
- How to increase your metabolism and energy levels

- Bone health
- Cognitive health and aging
- Optimal digestion
- More on dietary supplements
- Healthy skin, hair and nails
- Mental and psychological health
- More on forming and maintaining better habits

And, of course, lots of time for questions!