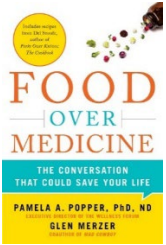




Wellness Forum Health



**Food Over Medicine Virtual Weekend Bootcamp**  
**all times eastern**  
**Friday, May 2 7:30-10:00PM**  
**Saturday May 3 10:30AM-12:30PM**  
**2:30-5:30PM 7:30-9:30PM**

## You will learn...

- **BASICS:** The best diet and lifestyle habits for humans AND easy ways to transition
- How to live a spectacular life to age 100!
- The **GREAT PROTEIN DEBATE!** How much is enough, how much is too much.
- Barriers to achieving a healthy weight and how to address them
- Supplements: Omega-3, vitamin C, magnesium and more!
- Cooking classes, menu plans, and new recipes for you to try
- Permanent habit change
- Topics you've been asking about: Irritable bowel, gluten, glyphosate, inflammation, SIBO and more!

**Feel free to email topic suggestions & questions after you enroll**

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

**FREE! Special Bonus Implementation/Take Action Session**  
**Sunday, May 4 at 7PM eastern**

During this special session, you will be guided through the process of applying what you learned during the retreat, and making specific commitments and plans for immediate health improvement

**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](mailto:pampopper@msn.com) for details**