

FLOURISH WITH FOOD

USING NUTRITION TO HEAL &
SUPPORT VITALITY

"It is health that is real
wealth and not pieces
of gold and silver."

— MAHATMA GANDHI

R.I.S.E.

RECLAIMING INTERNAL
SELF-CONFIDENCE
AND ESTEEM

WORKSHOPS
FOR WOMEN

WHO HAVE
EXPERIENCED ABUSE

THIS WORKSHOP PROVIDES:

- An overview of the role of food and nutrients in personal wellness
- How to eat for greater energy
- Simple meal plans for busy lifestyles
- Special considerations for women

PRESENTER: LARA FRENDEJIAN

● Complete Balance Neuro Acupuncture and Rehab

*PLEASE NOTE THAT THE INFORMATION PROVIDED WILL BE PRESENTED
FOR EDUCATIONAL PURPOSES ONLY
INDIVIDUAL CONSULTATIONS WILL NOT BE PROVIDED

DATE

September 24, 2019



LOCATION

Catholic Family Services of
Toronto
245 Fairview Mall Dr.
Suite 201

TIME

6:30 - 8:00 PM



ShareLife

This free workshop does not require pre-registration however we invite you to provide notification of your intended attendance.
For more information contact: 416 222-0048

