

# 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 FRENJIAN** ● 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

April 30, 2019



Archdiocese  
of Toronto

### LOCATION

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

### TIME

6:30 - 8:00 PM



This free workshop does not require pre-registration.  
For more information contact: 416 222-0048

