



Digestion Support 101

with Tania Heinemann, RNCP, RHN

**Save \$5 if you
register
before August
15, 2009**

**Monday August 31,
2009**

7:45-9:15pm

**Cost \$45/couple
\$25 per person**

Workshop

Location:

**Eaton Family
Health Care
38 Queen St
West
Cambridge,
ON**



Yellowood Nutrition & Wellness 2009 Summer Workshop

Digestive concerns and imbalances are plaguing many people in society today:

- Food allergies, sensitivities, gluten intolerances, IBS, IBD, Crohn's, Colitis and Celiac disease, indigestion, bloating and abnormal bowel movements will be discussed.
- Learn about natural safe remedies and foods that are useful in helping the body heal and rebalance.
- Learn about how your digestive system works and gain new insight on natural therapy's available today. This workshop is geared for people of all ages including infants to adults.
- Your workshop leader is a Registered Nutritionist who has been IBS symptom-free for 10 years and counting.



Pre-registration for this workshop is required. To register for this workshop please mail a cheque or contact our office for credit card transactions. You can mail registrations to Yellowood Nutrition & Wellness c/o 124 Johnston Ave., Cambridge, ON N3C 4P4. Seating is on a first come, first served basis.

Phone: 519.220.1519 / contact@yellowood.org / www.yellowood.org

...A Path to Wellness