



FOOD FOR HEALING

TUESDAY, MARCH 5 @ 6:00 PM

LAKELAND HILLS FAMILY YMCA

PRESENTED BY STACY STAMPONE C.H.H.C.

Do any of these describe you?

- I eat healthy food but still have health concerns
- I'd like help knowing how to eat better for my health
- I'd rather heal with nutrition than take medication
- I'm more tired than I should be and would like more energy
- I struggle with chronic health conditions and would like to find ways to manage them, e.g. depression, anxiety, IBS, arthritis, skin conditions etc.

If you say YES to any of the above, you will love this workshop!

TOPICS TO BE DISCUSSED ARE:

- What our bodies truly need to thrive
- Digestion and how it's the source of everything
- The importance of Organic vs. Non-organic foods
- Alternative medicine
- Learn how to identify hidden toxins in our foods



REGISTER

Program is free, but please register online, in person, or call the Y

CONTACT

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