

# Getting Back in Shape Workshops

**Workshops are 3 days:** Thursdays 11am – 6pm, Friday 10am – 6pm & Saturday 10am – 3pm

**Dates: January 17-19 or February 21-23 or March 21-23**

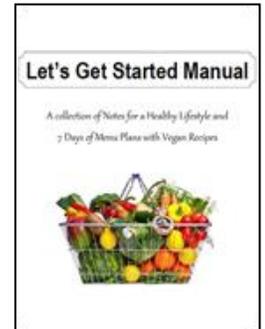
**Included in this package:** Breakfast on the Friday & Saturday, lunch each day and Supper on Thursday & Friday. Also 3 workbooks full of healthy information and vegan recipes.

**Cost:** \$150.00 per person (or \$250.00/couple) If you need overnight hotel we have made arrangements for \$125.00 per night at the Comfort Inn here in Waterloo.

## Thursday's topic: Let's Get Started

Take some time and start planning what you need to do to live a healthier lifestyle. We will cover these topics in detail: how to plan menus, good shopping habits, organizing the kitchen, and what kitchen tools are needed to make it more simplified. Then we will discuss making: juice, smoothies, salads, dressing, snacks and some good comfort cooked food.

**Change the way you think – then re-educate.** Unlike our old lifestyles, we now need to think differently about our diets. Now that we are thinking about our health, we need to learn what is right and what the true facts are about the foods we should eat.



## Friday's topic: Ten Steps to Add Years to Our Life

In this program we visit 10 different aspects of what we need to do for better health:

- The food we eat both living and cooked
- Cleansing the toxins out of the body
- The clean water we need to hydrate the body
- The fresh air we need for life
- The importance of exercise
- How the sun affects us
- The necessity of rest and relaxation
- How we must manage our stress
- Be careful of our emotions
- Our spiritual wellbeing.



## Saturday's topic: Food and Culinary Guides

Have you ever wondered what role the Vitamins and Minerals have in our foods and how they effect the body? This day will answer all your questions and more.

**Included are discussions about the:**

- Difference between Cooked food, Raw food and Juicing
- What are whole foods made up of?
- A list of the Minerals and their jobs in the body
- A list of the Vitamins and their jobs in the body
- A list of the nutritional value in an assortment of Fruits
- A list of the nutritional value in an assortment of Vegetables
- Information about Nuts & Seeds
- Information about Herb & Spices
- What are good Sweeteners for our diet

