

Grow Holistically

Feel good about everything!

Educational Series #2: Healthy Eating

by Shanada Schwartz

When: February 27, 2010 2 PM to 4:30 PM

Where: Metro Deaf School

1471 Brewster Street

St Paul, MN 55108-2612

RSVP via
email by
Feb 20th

Cost: Free! (Donations Appreciated!)

For who: Adults who wants to become
healthier - Deaf, Hard of Hearing, and Signers

Questions to Answer:

Who am I?

When did Holistic Approach started?

Wish to eat better but don't know where to start?

Wonder which foods are good and which are bad?

Does diet programs work?

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