

Organic Annie's
Change Your Diet, Change Your Life!
wheat, gluten, yeast and dairy-free

4 hands-on classes with meals, recipes, nutritional info, natural health tips, prep short-cuts and great fellowship! We use organically grown seasonal fruits and veggies, sea vegetables, whole grains, nuts and seeds. Recipes avoid refined sweeteners and are suitable for *Candida* and low glycemic diets.

4 consecutive Tuesdays, from 6:30 to 8:30PM, from April 5 through 26.
In my home at 4904 Briarwood Circle, Manlius, NY 13104

You'll learn how changing your food choices and combinations can give you energy, a positive outlook, rid you of pain and help you to achieve your ideal weight. Here's a partial list of ailments that can be improved or healed with diet:

Depression
Arthritis
Fibromyalgia
Headaches
Neuralgia
Mood Swings
Cancer
Premature Aging
Asthma
Allergies
Sinusitis
Insomnia
Obesity
Diabetes
High Blood Lipids
Blood Pressure Imbalances
Skin problems
Immune problems
Vision problems

This isn't rocket science, it's tried and true "nutrition from the trenches". Annie has been studying, teaching, counseling and writing about the healing power of food for over 30 years. She's a certified iridologist and the author of:

Organic Annie's Natural Health Tips and Recipes,
OA's Fresh Tastes for Breakfast,
and OA's Green Gourmet Seasonal Recipes
visit her website at <http://www.OrganicAnnie.com>

Limited to 10 participants. \$25/class or 4 classes for \$90. Payment must be received by March 31 to reserve your place.

Send to Ann Miller-Cohen, at the above address, or pay online.

Call 315-491-0629 to reserve your place today.