

Healthy Eating 101: A Free 3-Part Series



Join **Dr. Cheryl Wong** at **Healthy Living Market** this Fall to learn about the basics of Healthy Eating, and how nutrition affects health!

(Talks will be held the last Tuesday evenings of of September and October and 3rd Tuesday evening of November, from 6pm to 7pm.)

• **Inflammation** Tues, September 30, 2014. 6-7pm

Learn about what inflammation is, how it affects your health, and how eating can increase or decrease inflammation.

• **Toxicity and Chemicals** Tues, October 28, 2014. 6-7pm

What we eat becomes a part of us. Our food is produced in a more and more toxic world. Learn about how to limit your exposure, and to eliminate toxins through food.

• **Food Sensitivities** Tues, November 18, 2014. 6-7pm

Everyone seems to have diet restrictions these days. Learn about what the difference is between food sensitivities and allergies, and why awareness of them is important for good health.

If interested, please send a request to hold your seat, as this event may fill up.



Dr. Cheryl Wong
Natural Health & Acupuncture

