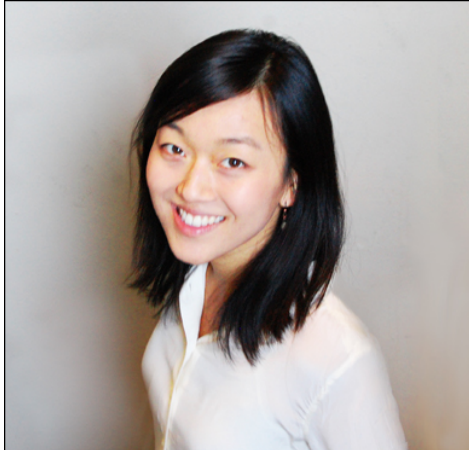


Healthy Eating 101:

A 4-Part Series



Join **Dr. Cheryl Wong** at **The Acupuncture Studio** this Spring to learn about the basics to Healthy Eating, and how nutrition affects health!

(Talks will be held the 2nd and 4th Saturdays of April and May from 10am to 11am.)

- **Inflammation** Sat, April 12, 2014. 10 - 11am

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

- **Toxicity and Chemicals** Sat, April 26, 2014. 10 - 11am

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** Sat, May 10, 2014. 10 - 11am

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.

- **You're on WHAT diet?** Sat, May 24, 2014. 10 - 11am

Learn about what different diets are, and how to navigate through all the information available out there.



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