

Sensible Wellness

taking a sensible approach to healthy living

Introducing Sensible Wellness Educational Seminars

Interested in hosting a party?

Invite 6-10 of your closest friends and in 2-3 hours you will receive **VALUABLE** information including sensible tips on healthy eating, quick n' easy cooking ideas and information on super foods.



What's included?

For a low price of **\$30 per person**, the seminar includes:

- * a 1-hour interactive educational seminar on selected topics (Sample topics include: cooking healthy meals, Nutrition 101, Carbs/protein defined)
- * a Sensible Wellness favourite and "soon to be famous" recipe
- * taste-testing of the indulgent recipe
- * each guest will receive a 10 minute one-to-one consultation
- * and a night of FUN with your most intimate friends!
- * Valued at over \$75 per person

Ask about our Sensible Wellness Hostess Rewards!!

For more information or to book a seminar, contact Stephanie at 905-716-2786 or by email: stephanie@sensiblewellness.ca