



# Way to Go! NUTRITION

## Green Smoothies ...

A fabulous drink made with a variety of nutritious greens like kale, swiss chard, spinach, collard greens, and even dandelion first blended in water.

Add in some specialty herbs like mint, lemon balm or arugula and you're rolling. Next, add in fresh fruit like apples or pears for fiber, blueberries or raspberries for super antioxidants, and deliciously sweet pineapple, peach or mango to clinch the taste.

There's a few other secret ingredients we'd love to tell you about. Join us in class for the real deal experience!

[www.waytotonutrition.com](http://www.waytotonutrition.com)

## You are Invited . . .

**Green Smoothie Demo**  
Thurs. Sept. 17th, 7-9 p.m.

### Location:

**693 Elias St.**  
**London ON N5W 3N8**

A minimum of five Green Smoothie recipes will be sampled at this event with three being demonstrated live. Discover the top ten reasons why smoothies are considered to be the ultimate anti-aging drink.

Helen will share her secrets on how to make delicious drinks which also include select super foods like sprouted barley grass juice that you can purchase. The Waring Xtreme blender will also be showcased.

**RSVP to 519-680-2884 or send an email to [luczak@rogers.com](mailto:luczak@rogers.com).**

**Cost: \$15 (includes recipes)**

**Note: Limited Seating**

