



Way to Go! NUTRITION

Discovering the Green Smoothie

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!
Note: Limited Seating.

Healthy Green Smoothies

This is your opportunity to experience Green Smoothies first-hand. Sept. 24th, 7-9 p.m. lecture with mini sampling at this location:

EFX Salon & Spa
265 Wincott Dr., Etobicoke

Discover the top ten reasons why smoothies are considered to be the ultimate alkalizing anti-aging drink. On Sept. 24th Helen Luczak will talk about how one embarks upon a green smoothie making program. Sample tasting included.

Scarborough Golf Club
450B Scarborough Golf Club Road

Mon. Sept. 28th, 7-9 p.m.
Live demonstration to teach green smoothie making. How to shop; explanation of superfoods; plus the Waring Xtreme 3.5 H.P. Commercial blender will also be showcased.

RSVP required. Call 416 245-9333 or email: luczak@rogers.com.

www.waytotonutrition.com

