



# Way to Go! NUTRITION

## Green Smoothies? Tell me more!

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

Add in some specialty herbs like mint, lemon balm or arugula and you're rolling. Next . . .

Fresh fruit like apples or pears for fiber, blueberries or raspberries for super antioxidants, and deliciously sweet pineapple, mango or peach to clinch the taste. Plus two cups of water to hydrate.

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

## Two-Part Series on Healthy Green Smoothies

Wed. May 13th    Sat. May 23rd  
7 - 9 pm            10 am - 12 pm

### Location:

**Carling Fitness Club**  
153 Carling St., London



Discover the top ten reasons why smoothies are considered to be the ultimate anti-aging drink. On May 13th, Helen will share her secrets on how to make delicious drinks combining fresh fruits and vegetables with select super food ingredients.



On May 23rd, five delicious Green Smoothie drinks will be sampled at this event with three being demonstrated live. The Waring Xtreme 3.5 H.P. Commercial blender will also be showcased.

**Advance Registration required. Call 519 680-2884 or [luczak@rogers.com](mailto:luczak@rogers.com).**

**Cost: \$21 (GST incl) per class**  
**[www.carlingfitnessclub.com](http://www.carlingfitnessclub.com)**

