



# Way to Go! NUTRITION

**Delightfully Amazing Green Fruit Smoothies with Super Anti-oxidants to Energize and Nourish Your Body**



**The Waring Xtreme Hi-Speed 3.5 H.P. Commercial Blender has to be seen to be believed.**

You are invited to taste test some amazing, refreshing GREEN SMOOTHIE drinks. In two hours, we'll whirl up four recipes mixing dark leafy greens with fruit and other 'secret ingredients' in one of the most powerful blenders on the planet. We'll also discuss the health benefits such as detoxifying and energizing PLUS you'll receive FREE SAMPLES and RECIPES!

**Saturday, February 2nd  
from 2-4 p.m.  
35 Woodlily Lane  
Ilderton  
COST: \$5.00**

The Centre for Healthy Living specializes in teaching the basics about how to follow a healthy eating program with more live enzyme food plus “Eat Right 4 Your Type” super foods matched to your specific blood type. Your presenter is Preventative Health Care Practitioner Helen Luczak, author of “Simply Delicious & Nutritious Cook Book”.

**For directions to this event, please email  
Helen at [luczak@rogers.com](mailto:luczak@rogers.com).  
Visit our website: [www.waytotonutrition.com](http://www.waytotonutrition.com)**