Beauty or The Beast

Overcome the labels of “Good” and “Bad” food and learn the many ways to nurture and nourish ourselves with our food choices

Do you ever find yourself feeling guilt or other negative emotions about your food choices? Would you like to explore a more nurturing way to approach food? Join us to discuss how to gain a healthy perspective regarding your choices with food and how to promote a positive sense of self.

Participants will gain the following:

• Knowledge of why and how to move toward more whole foods
• A delicious dinner and example of these principles: “debunking butter”
• A healthy perspective on food choices and learn how to enjoy all food experiences

Through the course of the workshop, we will:

• Learn why moralizing food and self-care behaviors (labeling them “good” or “bad”) leads to worse habits instead of better
• Learn to develop food guidelines that honor your unique needs, rather than live by someone else’s prescribed "diet"
• Learn the five surest ways to honor yourself and your wellbeing
• Learn lifelong techniques to quiet the inner beast and allow your true, unique, innate beauty to emerge
Our discussion will be led by Heather Ratliff, The Wellness RN, who offers her expertise as a wellness nurse so each client can operate at optimal wellbeing to best share and receive goodness in the world.

Bridgett Blough, The Organic Gypsy, will lead a discussion on food and health as well as provide a light dinner and dessert.

When: Monday October 21st, 6–8 p.m.
Where: Suzanne’s Organics Salon 254 E. Michigan Ave Kalamazoo, MI 49007
Cost: $35.00 for the workshop and light dinner
Instructor: Heather Ratliff RN /BSN, MS, MPA is a health educator and health coach.
Questions? Contact Heather at 269-303-0847 or TheWellnessRN@gmail.com
Visit: www.TheWellnessRN.com or www.theorganicgypsy.com for more information about education & coaching.

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Registration Form for the workshop at Suzanne’s Organics Salon

Name ______________________________

Email ______________________________

Phone(s) ___________________________ ______________________________

Make checks payable to Suzanne’s Organics Salon and submit this registration form to Suzanne’s Organics Salon.

Or, register online and pay by credit card online by following this link: http://bpt.me/484055