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Public Seminar 3-Part Series

Sept. 20, 27, Oct. 4 (1:30 p.m. – 4:00 p.m. each day)

Eat Away Illness

By: **Paulette Millis, RCNP, RSW, RHN; Author, Speaker & Registered Nutritional Consultant**

Based on her enlightening book 'Eat Away Illness', Paulette Millis will empower you to make nutritional and lifestyle changes that will leave you feeling great physically and emotionally! Whether you struggle with diabetes, obesity, heart disease, cancer or another illness, or just want to feel better, this 3-part comprehensive seminar series will give you the knowledge, tools and inspiration to turn your health and your life around.

You will Learn:

- How nourishing your body with the right food can transform your life (i.e. a strengthened immune system, improved energy and vitality, balanced weight, disease prevention and symptom relief, an overall sense of well being, hormonal balance...and more)
- How to quickly and easily assess the quality of food so you can make optimal choices about what you put into your body
- The most nutrient dense and healing foods you need to add to your shopping list today
- Where to find and how to properly prepare nutrient dense/ healing foods
- How to use healthy substitutes to make your favourite recipes not just delicious but nutritious!

This session provides a rare opportunity to ask specific health questions, learn and share best practices from others, and develop a customized nutritional healing strategy.

Paulette Millis is one of Saskatchewan's leading authorities on nutrition and healing. She is a published author with three books and numerous columns and articles. Paulette is a registered Nutritional Consultant Practitioner, Registered Holistic Nutritionist and Registered Social Worker with over 20 years of experience teaching, facilitating, counselling and lecturing people through life's issues and healing challenges.

"For years I have struggled with extensive health problems (Systemic Lupus, Sjogren's Syndrome, Vasculitis, and depression) and have searched for solutions. My journey has led me to Paulette. In three months, after changing my eating habits and living a more nutritionally solid life I have experienced improved health. I have increased energy, lost 20 pounds, and am no longer taking the medications like steroids and anti-depressants, which I once was. The changes to my diet have improved my mood and overall health." -Lori

All Sessions held at the Saskatoon Club, 417, 21st St East, Saskatoon

\$120.00 plus GST payable by check or cash at the door
Hand-out Package & tea provided

Note: must register in advance as seating is limited

To Register: call 249-4624 or email maureen@bestlifeseminars.com

For more information on this and other inspiring public seminars in Saskatoon go to
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