

FREE Seminars



at Green Mountain
12612 W. Alameda Pkwy.
Lakewood, CO 80228

Key:



Book Signing



Door Prize:
Attendees Receive
a Chance to WIN a
FREE Gift!!



FREE Samples



VITALITY FACTORS: SUPER CHARGED DIGESTION

Tuesday, April 7th, 7:00 P.M.



Presented by: Cary Tamburro, Bsc Human Nutrition/
Dietetics

Whether you are facing decreased immunity or the common challenges of aging and increased inflammation, it is important to know how your digestive system may play a role. Learn how to supercharge your digestive tract to protect your health, strengthen your immune system, and promote a proper inflammation response in the body.



AUTISM: WITH KNOWLEDGE COMES HOPE

Wednesday, April 15th, 7:00 P.M.



Presented by:
Raun K. Kaufman and Kristin Selby Gonzalez

Enormous potential and possibility exists for your child once you understand how diet, toxins and a variety of therapies play a role in Autism. *Enzymedica is sending 100 families nationwide, to the Start-Up Program at the Autism Treatment Center of America™, seminar attendees will be given the opportunity to apply for a scholarship.*



EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT AROMATHERAPY

Thursday, April 23rd, 7:00 P.M.



Presented by: Tim Blakley, Aromatherapist

Learn the about green sourcing, sustainability, therapeutic uses, safety issues, and studies concerning essential oils. *Each attendee will have the opportunity to make a product or two to take home.*



RECESSION READY MEALS

Wednesday, April 29th, 7:00 P.M.



Presented by: Shellie Kark, Chef and Culinary
Instructor

Cooking by technique to the rescue!
Chef and DVD author Shellie Kark, demonstrates how easy it is to take the foods you have on hand, plus a few beautiful seasonal items and create a healthy, delicious sauté in no time at all.

Reservations not necessary.
Seating is limited--
First Come, First Seated.

Additional free seminar listings at
www.Naturalspeakers.com
Questions?
Call Pat 303-986-4600 x118