Food for Life
NUTRITION EDUCATION
+ COOKING DEMONSTRATIONS

LEARN THE SCIENTIFICALLY PROVEN POWERFUL HEALTH EFFECTS OF PLANT-BASED NUTRITION.

Especially in relation to:
- Heart Disease
- Type 2 Diabetes
- Osteoporosis
- Blood pressure
- Bodyweight
- Cholesterol
- Cancer
- Auto-immune diseases: MS, Crohn’s, Arthritis

Just to name a few...

Dr. Heleen Roex will guide you through a series of informative research-based nutrition seminars with practical know-how to get you on your way to a healthier life.

5 WEEK COURSE: Every Thursday, 31 May - 28 June, 2018. FROM 7-9 pm

COST: $145 | Bookings Essential at DrRoex.com/book (Places Limited)

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