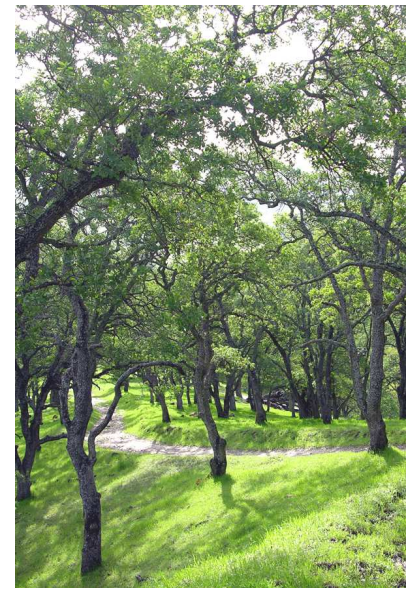


Food for Better Health Series

For centuries people have discovered different ways that foods affect our health. Plants provide us with many important nutrients, herbs to soothe us when we are ill and flowers to bring joy and healing of the spirit. **This workshop series will give you knowledge of the bounty provided each season and an actual experience of the benefits.** The simplicity of this relationship with food makes it easy to integrate into our modern lifestyles. We will be offering two workshops each season – spring, summer, fall and winter. **Space is limited to 8 people per class. Please register early so we can complete our preparations. Held at our home office in Pleasant Hill.**



Winter Cleansing Retreat

Spend the day nourished by the plants that nature has given us to cleanse our bodies after the holiday indulgences. This day will include participation in making some of the broths and juices we will be enjoying, breathing and meditation, acu-points to support the Liver, Kidney and Large Intestine functions, Tai Chi walking and Yoga. A specialized Flower Essence combination to support cleansing will also be included in the gifts of your day.

Saturday, Jan. 22 11:00 a.m. – 6:00 p.m. \$80



Winter Feast

Enjoy this family-style meal inspired by the wonderful foods available this season. Let your imagination go wild dreaming about the freshest foods enhanced by simple preparations. You will learn how to prepare a menu featuring foods that nourish us in winter. Recipes will be included.

**Sunday, Feb. 6
3:00 p.m. – 5:30 p.m.
\$50**



Amy and Ofer Erez have been devoted to living sustainably for over 20 years. Some of the ways they do this in their lives is by gardening organically, preparing fresh, seasonal foods daily for the highest quality sustenance, taking time to enjoy these beautiful meals, spending time in nature regularly for exercise of body and soul, and by staying committed to educating others of the benefits of a holistic lifestyle. Amy published her vegetarian cookbook *More Than Just Veggies: Healthy Eating for the 21st Century* in 1999.

925.934.3120 ♦ www.SugiHealth.com



Registration Form - **Send with payment to Sugi Health 2096 Hoover Ave, Pleasant Hill, CA 94523**

Name _____

Address _____

Phone _____ Email _____

Class(es) you will be attending: Wtr Cleansing Retreat Wtr Feast Total \$ _____