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Empower Yourself & Health

Holistic Health & Lifestyle Coaching

What have we been up to? Theresa just returned home from The Living Foods Institute from her 10 Day program in Atlanta of preparing incredible living foods dishes & getting clarity of MIND, body and *SPIRIT!!!*

I have learned even **MORE** stuff to share with you all!!!

***ALERT-** more food preparation classes below!!!



Speaking engagements:

* **August 7th**, 1-2PM, Savannah Center, The Villages (**ID required**) Diabetic Community Support Club

* **August 24th**, 9:30-10:15AM, Unitarian Universalist Fellowship, Summerfield, FL (**Open to**

ALL)!Topic: Healthy Eating without Animal Protein Presentation

August Food Preparation Class: By REQUEST: **Healthy Breakfast Options**

Don't miss out! Contact us today about signing up!! First 10 people to register ONLY!! We will demonstrate for you how delicious and Healthy a Living foods breakfast can be!! Fee is ONLY \$30 per person and includes breakfast!! Thursday, August 28th @ 10 AM, LOCATION is at our home in the Village of Piedmont.

Go to the Contact tab then Connect button on our website and drop us a message to register @ www.empoweryourself4health.com.



Do **YOU** have a group that you would like us to do a presentation for??

*Contact Laurie & Theresa TODAY to get on our calendar of events!

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