

BACK BY POPULAR DEMAND

CULINARY MEDICINE FOR STRESS AND MENTAL HEALTH

at the Better Living CuliCenter,
531 Forge Mill Road Morganton, GA 30560

FEBRUARY 26 • 2-4 PM

WITH CARIN & RON LYNCH

LAY INSTITUTE FOR GLOBAL HEALTH TRAINING
PROVIDING HEALTH EVANGELISM TRAINING

Carin has a certificate in Plant-Based Nutrition from the Center for Nutritional Studies at Cornell University. She was trained in Culinary Arts through the Rouxbe International Cooking School through the Forks Over Knives Plant-based Program



DIABETES UNDONE

CALL JAN FOR MORE INFORMATION
OR TO REGISTER • 770-328-4777

STARTING MARCH 12 • 6 PM

MEETING SUNDAYS & THURSDAYS, FROM 6-7:30 PM AT THE BETTER LIVING CENTER

People who wish to regain their health through natural lifestyle choices. Cost will be \$50 per person or \$60 for a couple who will share the cookbook and workbook.

Call Jan at 770-328-4777 to register for either class. We have limited seating, so call today!

A love offering will be taken at the door for each class. Thank you!

