



AMARANTH

WHOLE FOODS MARKET
— simply better —

Back by popular demand! We invite you to join us for our second annual

Spring of Health

Speaker Series

FEBRUARY

Thurs, February 18
7:30-9:00pm
Course code #56283

The Importance of a Healthy Acid / Alkaline Balance

Presented by: Dr. Lisa Weleschuk, TCMD, R.Ac, Lisa is a gifted Doctor of Chinese Medicine with a passion to help people to heal themselves.

An acidic body environment is extremely common in North America due to an prevalent acidic diet and high stress levels. Discover how acidity directly impacts bone health, inflammation, weight, the immune system, heart health, stress hormones, and your skin, and learn how to test and balance your own pH levels.

MARCH

Wed, March 10th
7:30-9:00pm
Course code #56284

Maximizing Health and Fitness with Natural Nutrition and Supplementation for MEN

Presented by: Jason Ste. Marie, B.Sc in Human Science, Food and Nutrition Management diploma, RMT, and National Body Building Champion, Jason trains athletes from all levels and sports and has a gift for educating the public on the healing and building power of the human body!

This motivating lecture will help men understand and prevent the common changes that they go through from the mid 30's to mid 60's including fatigue, loss of lean muscle mass, increased body fat especially in the belly area, sleeping difficulty, stress, prostate enlargement, hair loss, memory problems and aching joints to name a few! Jason will explain how natural nutrition and proper supplementation will create internal health and vigor for a lifetime. Use your time and energy wisely and find out what works!

APRIL

Wed, April 14th
7:30-9:00pm
Course code #56280

Maximizing Health and Fitness with Natural Nutrition and Supplementation for WOMEN

Presented by: Amanda Mandley, B.Psych, Certified Nutritional Practitioner from the Institute of Holistic Nutrition, teacher at the Canadian School of Natural Nutrition and competitive fitness model

Would you like to get the most out of your workout? Do you feel your doing everything right and still not getting the results you desire? Hormonal and adrenal imbalances could be stopping you from achieving your goals. Join us and learn the nutritional and supplemental basics to optimize your health, fitness and to achieve your ideal body weight. Also learn tips to help support your endocrine system which might be your missing link to complete health and wellness.

MAY

Wed, May 5
7:30-9:00 pm
Course code #56281

Seasonal Eating: Transitioning to a Spring Diet

Presented by: Amy Bondar, M.A.Sc., NCP. Amy is the author of *Journey to Optimum Wellness Through Sound Nutrition*, and has earned a Masters of Applied Science in Nutrition. She is the creator of 7 Steps to Sound Nutrition™ – possibly North America's most all-encompassing approach to nutrition. It combines scientific, holistic, Eastern and Western insights to provide you with a customized nutritional road map that enables you to actualize your health goals according to your body's unique needs. Amy has helped hundreds of people optimize their health with the power of foods in her Calgary based practice.

- ✓ the significance of seasonal eating
- ✓ how to transition out of a winter diet into a spring diet
- ✓ which foods (proteins, essential fats, fruits, vegetables, grains, herbs, spices and teas) are most important for spring
- ✓ how to naturally shed those 5 extra pounds of winter weight
- ✓ how to detoxify and cleanse your liver the right way
- ✓ new meal, recipe and snack ideas for the spring season
- ✓ how to juice properly
- ✓ how to create a balancing spring lifestyle

Cost per Session is \$20

You will receive a

\$10 Amaranth Whole Foods Gift Card and \$10 will be donated to YMCA Strong Kids

Register by calling the **YMCA at 403-547-6576** and quoting the **course code**. Registrations are **not** taken at Amaranth. **Any Questions?** Contact Amy at 403-510-0604 or amybuckman@shaw.ca. Thanks for your interest in our events!

