

SATURDAY, NOVEMBER 15, 2008 11 AM TO 2 PM



“Eat Right, Now!” Holistic “Weight loss” Health Fair The Good Stuff @ City Market FREE!

*Jimmy Raymer, Owner
The Good Stuff
City Market
222 E. Market Street
317-630-9155
10% off with this flyer*

Holistic Cooking Demo all Day!

**NATUROPATHIC COUSLING
CHUCK LANDON D.N., PH.D.**

**REIKI INSTRUCTOR
CAROLYN LANDON**

**COOKING DEMONSTRATIOIN
CHEF WENDELL**

**MUSCLE RELEASE THERAPY
PHIL KLEM, OWNER /
THERAPIST**

**YOGA & MEDITATION
BARBARA MANLEY**

**FOOT DETOX
DOOR PRIZE**

**JUICE PLUS
BILL PRICE**



**CSA SIGN-UP
CONSUMER SUPPORTED
AGRICULTURE**

Chef Wendell Fowler
www.wendellfowler.com
*Ambassador to the Physicians
Committee for
Responsible Medicine*

WISH TV 8- Eat Right, Now!
Saturday Morning Daybreak News
Bi-Monthly @ 7:50 AM



Food is Medicine

- Does your food feed or deplete you?
- Pro-active prevention succeeds
- Obesity & diabetes; a plague.
- *Prescriptions costs soar.*
- Free weight loss advice from experts.
- Unblock Chi Meridians.
- *Allow family's health to flourish; Vitamin supplementation*
- Refresh with Release Massage
- Conquer Stress and Anxiety
- Let Nature Nurture mind, body, and spirit.
- Eliminate environmental toxins



Investigate whole food nutrition and gentle movement
Explore the world of calming, Holistic Medicine
Treat the whole body, not the part
Discover cutting edge vitamins
Return to Wholeness

- **Free Holistic health advice**