



## SPRING 2010 SCHEDULE

*We have moved into our new location in TORONTO at 2 Queen Elizabeth Boulevard, Suite 101*

### MANAGE WEIGHT WITH EXERCISE

#### *WORK AT YOUR OWN PACE*

**Join our group for 20 minutes to an hour** (whatever fits your schedule) to help keep in shape. We will be doing an assortment of exercise routines indoors and outdoors. Call the day ahead to book a space.

**Monday through Friday** (Any Time from 7:30 – 10am): Come and walk your way to better health.

Cost: \$5.00 per person. Price includes a shot of BarleyMax before the walk and refreshing Carrot Juice after.

**Wednesday & Thursday** (any time 5-8 pm) **or Saturday** (any time 9am-1pm) Drop in to release your stress at the end of the day or start your weekend with a great workout Saturday mornings.

Cost: \$12.00 per person. Price includes a Veggie Juice before and a scrumptious salad after.

### IN THE KITCHEN WITH JUDY

We will continue our monthly **"In the Kitchen with Judy" Food Prep Classes** one Saturday a month from 11am until 3pm. In case of bad weather please call to confirm classes.

Cost \$45.00 per person (special prices if you bring a friend or family member who has never been to a class)

**In 2010 we will be sampling foods from eight different regions from around the world.** Judy will have some interesting facts about the area as well as a wonderful assortment of 6 course dinners you can enjoy with us then take the recipes home and share with your family and friends. Come and join us as we tour the world.

- MARCH 13<sup>th</sup> 2010 – Italian Classics
- APRIL 10<sup>th</sup> 2010 – Mexican Fiesta
- MAY 15<sup>th</sup> – Oriental Bazaar
- JUNE 26<sup>th</sup> – Middle Eastern Market
- JULY 10<sup>th</sup> – Pacific Island Paradise
- AUGUST 14<sup>th</sup> – Indian Curry Festival
- SEPTEMBER 11<sup>th</sup> – European Buffet
- OCTOBER 16<sup>th</sup> – African Safari



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### “GET HEALTHY... STAY BALANCED”

*3-DAY WORKSHOP: WILL BE OFFERED 4 TIMES DURING THE YEAR 2010*

MARCH 25-27 – MAY 27-29 – JULY 22-24 – OCTOBER 28-30 (Cost \$250.00 / person)

The GHSB program consists of the following topics (Each class includes Vegetarian Gourmet Food Prep sessions)

#### *CLASS 1: LIVING FOODS FOR THE BODY*

- Raw Food, Juicing and Enzymes
- Menu Planning, Shopping for Healthy Food, Kitchen Organization
- The Foods to Avoid for Improved Health

#### *CLASS 2: CLEANSING THE BODY*

- The Importance of Nourishing and Cleansing the body
- Exercise should be part of your daily, weekly routine
- How Fresh Air, Water & Sunshine are necessary for Optimal Health

#### *CLASS 3: TAKING CARE OF THE MIND & SOUL*

- How to manage your Stress and Emotions for Better Mental Health
- Rest is an important part of your healthy lifestyle
- How the Spiritual wellbeing is important for Better Health