



SUMMER 2010 SCHEDULE

NEW CLASSES ADDED!

LET'S GET STARTED

Now that you know about the Hallelujah Diet and Lifestyle, you will want to find out what to do, and how to do it! So come to our new class.

Cost \$30.00 per person \$45.00 for couples (includes some food and Judy's resource manual recipe book)

Saturday Classes (11 AM – 3 PM)
August 21st, November 27th

Wednesday Classes (1-5 PM)
May 26th, July 21st, October 27th

At this 4-hour class you will find out about: **Juicing, Enzymes, Raw Food, Menu Planning, Shopping for Healthy Food, Kitchen Organization**

We will go over the Hallelujah Diet and Lifestyle and answer your questions while we give you juice and living food to help your body start its Self-healing journey!

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.

(Please note some dates have recently changed.)

- **AUGUST 14th** – Indian Curry Festival
- **SEPTEMBER 25th** – European Buffet
- **OCTOBER 16th** – African Safari
- **NOVEMBER 20th** – Mexican Fiesta



SUMMER 2010 SCHEDULE

“GET HEALTHY... STAY BALANCED”

3 ½ -DAY WORKSHOP (OFFERED 2 MORE TIMES IN 2010)

JULY 21-24 • OCTOBER 27-30 (Cost \$250.00 / person)

All your meals are included. Each class includes **Vegetarian Gourmet Food Prep** sessions.

The GHSB program consists of the following topics.

CLASS 1: LET'S GET STARTED

- Starts at 1:00 pm and ends with supper at 5:00 pm
- Menu Planning, Shopping for Healthy Food, Kitchen Organization
- In the Kitchen With Judy Manual is included

CLASS 2: LIVING FOODS FOR THE BODY

- Starts at 9:00 am and ends with supper at 5:00 pm
- Raw Food, Juicing and Enzymes
- The Foods to Avoid for Improved Health

CLASS 3: CLEANSING THE BODY

- Starts at 9:00 am and ends with supper at 5:00 pm
- 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 4: TAKING CARE OF THE MIND & SOUL

- Starts at 9:00 am and ends with lunch at 1:00 pm
- 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



SUMMER 2010 SCHEDULE

USING THE CORRECT APPLIANCE FOR THE RIGHT TASK

At this class we will show you how to use the appliance by demonstrating appropriate recipes.

Of course you will get to sample the food and will receive a fact sheet and recipes to take home.

Special discounts on the appliances we feature.

Saturday at 10:00 am

Cost \$10.00 per person

- **DEHYDRATING** –Sat. August 28th
- **JUICING** –Saturday Nov. 6th
- **SPROUTING** –Saturday Dec. 4th

You must register at least one day in advance for each class by calling **1-866-478-2224**.



SUMMER 2010 SCHEDULE

RAW FOOD ROAD TRIP:

This Summer and Fall Join Judy Fleming, Director of Hallelujah Acres Canada, as she travels across Canada to show you what to do on The Hallelujah Diet, and how to do it! You'll learn about juicing, enzymes, raw foods and more! Judy will explain The Hallelujah Diet in detail and answer your questions while you enjoy juice and living food to help your body start its self-healing journey!

July

- **July 8 at 6:30 pm – St-Hubert, QC**
Royal Canadian Legion, 4040 Montee St-Huber
- **July 10 at 2pm – Quebec City, QC**
Hotel Du Nord, 640 St-Vallier Ouest
- **July 12 at 6:30 pm – St. John, NB**
Colonial Inn, 175 City Road
- **July 13 at 6:30 pm – Fredericton, NB**
Odell Lodge in Odell Park off Rockwood Avenue
- **July 14 at 6:30 pm – Moncton, NB**
Future Inns, 40 Lady Ada Boulevard
- **July 15 at 6:30 pm – Charlottetown, PE**
Murphy's Community Centre, 200 Richmond Street
- **July 17 at 1pm – Halifax, NS**
Halifax North Library, 2285 Gottingen Street

August

- **August 4 at 6:30 pm – Winnipeg, MB**
Roblin Park Community Centre, 640 Pepperloaf Crescent
- **August 6 at 6:30 pm – Regina, SK**
North West Leisure Centre, 1127N Arnason Street
- **August 7 at 2pm – Saskatoon, SK**
Cliff Wright Library, 1635 McKercher Drive

September

- **Sept. 8 at 6:30 pm – Calgary, AB**
Glamorgan Community Centre, 4207 41 Avenue SW
- **Sept. 9 at 6:30 pm – Edmonton, AB**
Canterra Suites, 11010 Jasper Avenue NW
- **Sept. 11 at 2pm - Grande Prairie, AB**
Centre 2000, 11330 106th Street
- **Sept. 13 at 6:30 pm - Prince George, BC**
Grama's Inn, 901 Central Street West
- **Sept. 15 at 6:30 pm – Kamloops, BC**
Parkview Activity Centre, 500 McDonald Avenue
- **Sept. 16 at 6:30 pm – Vancouver, BC**
Kensington Community Centre, 5175 Dumfries Street
- **Sept. 18 at 2pm – Victoria, BC**
Caleb Pike Heritage Park, 1589 Millstream Road