



## 2012 Winter/Spring Schedule

Updated: February 16, 2012

(Classes and workshops are at our store in Toronto, ON unless stated otherwise)

### LET'S GET STARTED

Find out what to do on The Hallelujah Diet and how to do it! We'll talk about juicing, enzymes, raw foods, menu planning, shopping for healthy food and kitchen organization. We also answer your questions about the Hallelujah Diet and lifestyle while you enjoy fresh juice and living food to help your body start its self-healing journey!

Cost: \$30.00 per person \$45.00 for couples (includes food and a resource book)

February 25<sup>th</sup>, 2012 – (10:30-1:30 pm)

April 14<sup>th</sup> 2012 – (10:30-1:30 pm)

June 16<sup>th</sup> 2012 – (10:30-1:30 pm)

Call to register for this class.

### WORKING IN THE KITCHEN WITH JUDY

In this new class for 2012 get hands on experience preparing Vegan food.

This class will be held 2 Saturdays in March from 10:30 am – 3pm.

(Cost for the 2 Saturdays in March is \$99.95).

Call early to register, limited numbers will be accepted.

March 3<sup>rd</sup> – Drinks, Appetizers & Salads

March 10<sup>th</sup> – Main Entrée, Snacks & Desserts

Now available for purchase are Judy's two books: "**Full Day Menus**" – a collection of over 65 Vegan recipes from the Series of Disease Prevention classes. \$18.95

"**In the Kitchen with Judy**" – a collection of over 130 vegan recipes, menu planning tips and educational facts that Judy has compiled from these classes. \$21.95

### RAW FOOD ROAD TRIP

Join Judy Fleming, Director of Hallelujah Acres Canada as she continues her travels in Canada to show you what to do on The Hallelujah Diet, and how to do it! You will learn about juicing, raw foods, the importance of cleansing and more! Judy will explain The Hallelujah Diet in detail and answer your questions while you enjoy juice and living food samples to help your body start its self-healing journey!

Continuing on the Road again – these free lectures are weekday evenings at 6:30 pm

## **Ontario**

March 26<sup>th</sup> – *Brantford* at the Bellview Community Hall 55 Tom Street, N3S 2T6  
March 27<sup>th</sup> – *Woodstock* at the Microtel Inn/Suites 811 Athlone Avenue, N4V 0B6  
March 28<sup>th</sup> – *Mount Forest* at the Firehall 381 Main Street North, N0G 2L1  
March 30<sup>th</sup> – *Waterloo* at the Knights of Columbus 145 Dearborn Place, N2J 4N5

April 30<sup>th</sup> – *Oshawa* at the Public Library 65 Bagot Street, L1H 1N2  
May 1<sup>st</sup> – *Peterborough* at the Wing RCAFA hall 274 King Street, K9J 2S2  
May 2<sup>nd</sup> – *Orillia* at the Days Inn 5850 Rama Road, L3V 6H6  
May 4<sup>th</sup> – *Lindsay* at the Admiral Inn 1754 Highway 7, K9V 4R2

## **British Columbia**

May 24<sup>th</sup> – *Vancouver*  
May 26<sup>th</sup> – *Coquitlam*  
June 4<sup>th</sup> – *Kelowna*

## **Alberta**

June 6<sup>th</sup> – *Medicine Hat*

## **Saskatchewan**

June 7<sup>th</sup> – *Regina*

## **Manitoba**

June 8<sup>th</sup> – *Winnipeg*

## **HEALTH MINISTER TRAINING**

Paul and Ann Malkmus will come to Canada for Health Minister Training. Watch for more information about the location.

May 31<sup>st</sup> – June 2<sup>nd</sup> 2012 In VANCOUVER, BC at the Best Western Chateau Granville hotel  
1100 Granville Street, Vancouver, BC V6Z 2B6

The cost is \$470.00.

Please call the Canadian office to register 1-866-478-2224

## **GET HEALTHY 3-DAY WORKSHOP**

During this in-depth class you will be taught how to change your lifestyle with the right information (using a series of lectures and DVD's) as well as experiencing the healthy raw foods of the Hallelujah Diet.

**Cost:** \$349.00 (spouses are \$125.00 extra) (Includes meals and the GHSB package of materials)

April 10 – 12<sup>th</sup> 2012

June 20 – 22<sup>nd</sup> 2012

## **GET HEALTHY DAY CLASS**

We will be doing a condensed full day version of the above workshop in 2012 on these Saturdays:

(Specific locations will be coming soon for other dates)

February 11<sup>th</sup> – Toronto

March 31<sup>st</sup> – Waterloo at the Knights of Columbus, 145 Dearborn Place, N2J 4N5

May 5<sup>th</sup> – Lindsay at the Admiral Inn 1754 Highway 7 K9V 4R2

June 9<sup>th</sup> – Winnipeg

July 14<sup>th</sup> – Moncton

July 28<sup>th</sup> – Ottawa

August 18<sup>th</sup> – Chatham

From 10am – 4pm

During this in-depth class you will be taught how to take care of the physical, psychological, and spiritual aspects of the body as we discuss living foods, cleansing, stress management and emotions. Lunch is included as well as some materials for the cost of \$99.95 (spouses are \$30.00 extra). Please call early to register, limited numbers will be accepted. Locations will be announced soon.

## PHONE & STORE HOURS

We have extended **Phone order hours:** Mon/Tues/Wed 9am-7pm and Thurs/Fri/Sat 9am-5pm

**Store hours:** Monday – Friday 12 noon until 5pm and Saturday 10am – 5pm

## HOLIDAY HOURS

We will be closed on the following days to give our staff time off for the holidays:

February 20<sup>th</sup> for Family day

April 6<sup>th</sup> – 8<sup>th</sup> for Easter Weekend

May 19<sup>th</sup> – 21<sup>st</sup> for the Victoria Day Weekend