



**IS YOUR GUT READY FOR THE HOLIDAYS?**

Learn about HEALTHY COOKING

Connect with YOUR BODY

Help manage ANXIETY, DEPRESSION, BURNOUT, FATIGUE, FOGGY BRAIN, or DIGESTIVE DISCOMFORT

**YOUR FOOD CAN HELP YOU!**

**Join a World-Class Chef and Gut-Mental Health Naturopath to help your body and mind heal**

 Sat. Nov 26 @ 1-2:30 pm EST

 \$40

**MENU**

The broccoli soup is sometimes overlooked, but not for the curious foodie! Broccoli potage and a multitude of garnishes to decorate your masterpiece. Kale chips, sesame flavors, homemade croutons, and sauteed shiitake mushrooms.

Join this fabulous collective cooking experience - for fun and learning  
**Your body and mind will thank you for it!**

**CLICK HERE TO REGISTER**  
OR EMAIL [INFO@REDBIRDOTHERAPY.CA](mailto:INFO@REDBIRDOTHERAPY.CA)

