



FARM TO COMMUNITY HEALTH OUTREACH SERIES

2009 Calendar

- January 18th 2-4pm - Health Summit - Open Forum for Health Professionals
- February 21st 3-5pm - One Couple's Journey Toward Wellness by eating farm fresh foods and beverages - Kimberly Hartke
- March 21st 3-5pm - REAL HEALTH - How Posture Influences Proper Digestion, Respiration, Heart Function, Hormones and Even Your Mood - Dr. Pete Hilgartner
- April 18th 3-5pm - Hope & Health: "Be the Ripple!" not the problem - Tara Rayburn
- May 16th 3-5pm - How to Begin Your Day the Whole Food Way - Chef Shane Kelly
- June 20th 3-5pm - F.E.A.S.T. Families Empowered & Supporting Treatment of Eating Disorders - Laura Collins
- July 18th 3-5pm - Living Young - Dr. Patricia Petitt
- August 15th 3-5pm - The Healthy Lunchbox - Tara Rayburn
- September 19th 3-5pm - Creating Your Own Reality - Experiencing Unequivocal Results Within 2 Weeks. A Journey into Self Hypnosis - Dr. David Phillips
- October 17th 3-5pm - Cooking Demonstration & Food Tasting - Elaine Boland
- November 21st 3-5pm - "Nourishing Our Children" Presentation - Dr. Lolin Hilgartner

December - ENJOY THE HOLIDAY SEASON

The Farm to Community Health Outreach Series will feature a different monthly presenter, and will take place the third Saturday of each month and will be held at

Fields of Athenry Farm,
38082 Snickersville, Turnpike, Purcellville, VA 20132
Farm Phone - 540-687-3936

For More Information: www.nourishingyourfamily.com

RSVP: TARA RAYBURN - 540-270-5715 OR TARA@NOURISHINGYOURFAMILY.COM