

Nourish Yourself, Nourish Your Children

A Two-Part Seminar

Saturday, November 17th

Upland Hills School &
Karen Joy Theater

2575 Indian Lake Rd, Oxford (*visit uplandhills.org for directions*)

Tickets \$30 in advance • \$35 at the door

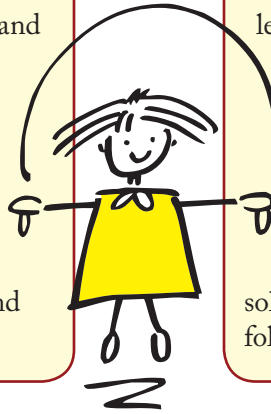


*Ticket proceeds benefit
the Karen Joy Theater*
karen  theatre

Option A	Option B
2:00 p.m. Tea Cupping	3:30 p.m. Nourishing Children
3:30 p.m. Nourishing Children	5:15 p.m. Tea Cupping
Live entertainment and light refreshments will be provided. Make reservations now, as event will likely sell out.	

Nourish Yourself: Tea 101

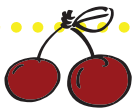
Angela Macke, highly sought-after, nationally renowned tea expert and owner of Light of Day Organics, will present a unique opportunity to taste several teas and to learn the differences between black, oolong, green, white, rooibos and herbal teas/tisanes. She will demonstrate proper brewing procedures and share the incredible health benefits of tea. As a special treat, we will taste the Matcha Green Tea, used in the traditional Japanese Tea Ceremony. We are excited to welcome Angela to our area to share her extensive knowledge and her healthful teas, which enhance the well-being not only of our bodies, but also of our lifestyles. Organic, Fair Trade loose tea and accoutrements will be available for purchase.



Nourish Your Children

Deidre Currie will be presenting the Michigan Premiere of the Weston A Price Foundation's newly enhanced multimedia lecture with information pertaining to the unique developmental needs of children, and how to meet those needs with a traditional diet. Modern-day health issues on the rise in children will be addressed, such as diabetes, allergies, autism, obesity, ADD/ADHD, etc. Unique research will be shown and solutions proposed. Question and Answer follows presentation.

This event is sponsored by LaVida Local • Supporting local economy, ecology, and artistry • www.lavidalocalonline.com



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Reservation Form

Name _____		
Mailing Address _____		
Home Phone _____	Alternate Phone _____	Email _____
Number of Tickets _____	<input type="checkbox"/> Option A (beginning at 2 p.m.)	<input type="checkbox"/> Option B (beginning at 3:30 p.m.)
Amount Enclosed _____	<i>You will receive confirmation upon receipt of payment.</i>	

Please complete and mail this form, along with your check, payable to LaVida Local, 4755 Orwasco Ct, Clarkston, MI 48348. You may also fax it to 248-628-4117, or emailed to julie@lavidalocalonline.com. Call Julie at 248-730-9517 if you have questions or would like to pay through PayPal.