




# Get Healthy Now!!

What's on at **bevHEALTH & Wellness** in 2011 to help you live your best **kick-up-your heels kind of life**? There's plenty a-foot to help you **slim down while eating more** (it's true!), change your thinking about **healthy living**, and get your **overall health back on track**. Be sure to reserve your space for any or all of these exciting healthy lifestyle programs:



**Event:** Screening of the fabulous and informative movie documentary **"Fresh"**. New thinking about what we're eating and the importance of forging healthier, sustainable alternatives for our planet's future. This is a call to action! Refreshments provided, great discussion, and take-home materials.  
**Date and Time:** Sunday, March 6, 2011, 2:00 - 4:30 p.m.  
**Cost:** \$10 at the door. **RSVP required.** Seating is limited to 13 attendees.

**Event:** **"Eat These!"** Learn about some of the must-eat foods that will keep you healthy and bursting with vibrant health. Sample two delicious "smoothie" demos. Have your health questions answered, and take home great reading material.  
**Date and Time:** Sunday, April 3, 2011, 2:00 - 4:00 p.m.  
**Cost:** \$10 at the door. **RSVP required.** Seating is limited to 12 attendees.

**Event:** **The Full Plate Diet Book Club**  
An exciting and fun support group book club program where you will get healthy *and* lose weight in a comfortable, small-group setting.  
**Dates and Times:** Tuesdays (8 weeks), March 15 - May 3, 2011, 7:00 - 8:15 p.m.  
**Cost:** \$75 includes food samples, take-home materials, grocery shopping tour.  
**Additional \$40** for Participant Kit, which can easily be ordered online at:  
<http://www.fullplatediet.org/products-and-services/?prodCat=470>  
**Registration required:** Seating is limited to 10 attendees.

## bevHEALTH & Wellness

4915 Bathurst Street (South-east corner at Finch), Suite 221, Toronto

To register for any of these exciting events, call (416) 203-0451.

