



foreverhealthy
The Leader in Living WholeFoods

www.foreverhealthy.net

Forever Healthy 2007 Events Calendar

Call or email to host a lecture. Let us know your location preferences and topics of interest.
We lecture on wide range of topics all about living Forever Healthy.

May

May 4th & May 5th

**Live your Bliss & Ayurveda Nutrition
With Shantree and Lorenna Bousquet-Kacera
from The Living Arts Institute**

Where: Renaissance Yoga Studio Toronto www.renaissanceyoga.ca
www.foreverhealthy.net
www.thelivingcentre.com
416-962-5209

May 9th

**Superfoods for Super Health
7 pm
Wholefoods Markets**

Where: Wholefoods Market Hazelton Lanes Toronto

Friday, May 11th

**Superfoods for Super Health
The Living Centre Toronto**

Where: London Ontario

<http://www.thelivingcentre.com/index.php?section=calendar.view.184&month=05&day=11&year=2007>
519.652-9109 or 652-0230

Wednesday, May 23rd
Superfoods for Super Health
11 am

Wholefood Markets

Where: Wholefoods Market Hazelton Lanes Toronto

Tuesday, May 29th

Herb Walk with master herbalist Walter “Shantree’ Kacera
at the www.thelivingcentre.com

The Essential Dozen

A herb walk which will focus on the essential twelve herbs that everyone should have in their home. We will cover a wide range of usage from internal to external applications, new information for the beginner as well as the experienced. This has been one of our most popular herb walk for the past 20 years.

7 pm

519.652-9109 or 652-0230

Thursday, May 31st

7-8:30 pm

Forever Healthy Weight Loss and Forever Fit Program

Where: Allan Howard Waldorf School 250 Madison Ave. (Spadina & Davenport)

<http://foreverhealthy.net/html/products/display.asp?CategoryID=8>

416.962.5206

June

June 6th

Eating for Beauty

7-8:30pm

Where: Allan Howard Waldorf School 250 Madison Ave. (Spadina & Davenport)

<http://foreverhealthy.net/html/products/display.asp?CategoryID=8>

416.962.5206

June 27th

Healthy Moms, Healthy Kitchen, Healthy Kids

Get ready for summer with some great quick and easy recipes!

7-8:30pm

Where: Allan Howard Waldorf School 250 Madison Ave. (Spadina & Davenport)

<http://foreverhealthy.net/PDF/Card%20Lecture.pdf>

416.962.5206

September

**Vegetarian Food Fair
CHFA Wholesale Show**

October

OAND.org
CHFA Toronto
ND Assoc Conference British Columbia
Vancouver Health Show www.healthshows.com

November

WholeLife Expo Metro Toronto Convention Centre