

Please join us for a complimentary 1.0 Hour Continuing Education presentation for Social Workers & Nurses only!

# Food or Foe: The Importance of Whole Food Nutrition!



**Tuesday, July 16, 2019**

**5:00 p.m.** - Registration & Dinner

**5:30 - 6:30 p.m.** - CE Presented by: Lisa Jendza, BBA, Health Coach

**Location** - Corpore Sano Home Health & Hospice, 39745 Ann Arbor Road, Plymouth MI 48170

**Course Description:** Nutrition plays a critical role in well-being. In this interactive workshop attendees will engage in dialog to bust the myths and learn what is causing degeneration, the importance of whole foods, and the necessity for detoxification. Featuring recent research on nutrition, the link to psychological disorders and resources needed to achieve optimum wellness.

**Learning Objectives:** To gain an understanding of whole food nutrition; A working knowledge of the current diet trends (Paleo, Keto, Mediterranean); Awareness of toxicity and detoxification methods; The research showing the link from the gut to the brain (GAPS); Practical methods and resources to achieve optimum wellness



**CORPORE SANO**  
Home Health & Hospice

**Seating is limited! RSVP by July 15, 2019 online at [www.cehealthlink.com](http://www.cehealthlink.com)**

Adair Consulting & Events, llc is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved provider number: MICEC# 111417. This program will award 1.0 CE Credit Hour.

This continuing nursing education activity was approved by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approval Number: 22018 This CE has been approved for 1.0 credit hour

For continuing education questions or grievances, please contact Adair Consulting & Events, llc at 586-648-6564 or [admin@adairce.com](mailto:admin@adairce.com). If special accommodations are required please contact: (734) 454-3488. **To cancel your reservation, please e-mail [admin@cehealthlink.com](mailto:admin@cehealthlink.com) or call 586-648-6564.**

