

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 -



A cooking demonstration will be presented.

Wednesday, February 27, 2019

5:00 p.m. - Registration & Dinner

5:45 p.m. - Sponsor Presentation

6:00 p.m. - 7:00 p.m. - CE Presented by: Lisa Jendza, BBA, Health Coach

Location - First & Main of Auburn Hills, 3151 E. Walton Blvd | Auburn Hills, MI 48326

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

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Seating is limited! RSVP by February 26, 2019 online at 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. If special accommodations are required please contact: 248-282-4094. **To cancel your reservation, please e-mail admin@cehealthlink.com or call 586-648-6564.**

