

Wellness in Winnemucca

March 15th – 18th



wellness^{by}
Mother Nature[™]

Certified Holistic Health & Nutrition Coach,

Stephanie Austin, HHP

Making Sense of Nutrition: Discussion, Q&A and Documentary

LOCATION: HGH – Sarah Winnemucca Room, 118 E Haskell St

WHEN: Friday, March 15th

TIME: 6:00pm – 8:00pm

PRICE: FREE – FREE – FREE



Hungry for Change - documentary - exposes shocking secrets the diet, weightloss and food industry don't want you to know about; deceptive strategies designed to keep you coming back for more. Find out what's keeping you from having the body and health you deserve and how to escape the diet trap forever. Discuss the key changes you can make to your weekly diet to create an inhospitable environment for 'dis'eases like cancer to flourish. Discover the TOP 10, EASY SECRETS to increase energy, fight inflammation, balance blood sugar and create optimal health!

Eating for Healing: Gluten, affecting over 40% of the population

LOCATION: Lighthouse Baptist Church, 226 E. 4th Street

WHEN: Saturday, March 16th

TIME: 2:00pm – 4:00pm

PRICE: \$30 in advance, \$35 that day (SPECIAL - \$25 if you prepay for 2 classes)

For every 1 person with digestive upsets from gluten sensitivity, there are 8 others without a single digestive symptom, yet they are still sensitive to gluten with symptoms like arthritis, depression, osteoporosis, inflammation, Alzheimer's, chronic colds, autoimmune disease, thyroid issues and more. Learn more on gluten and the havoc it wreaks. Recipes, PowerPoint, Q&A and Handouts incl.



Additional Eating for Healing Classes (You Pick the Subject)

LOCATION: HGH – Sonoma Room, 118 E Haskell St

WHEN: Sunday, March 17th from 2:00pm – 4:00pm and

Monday, March 18th from 9:30am – 11:30am

PRICE: \$30 in advance, \$35 that day (SPECIAL - \$25 if you prepay for 2 classes)

Subjects are described online and include, "Fighting Inflammation w/Nutrition," "Low-Glycemic Eating," "Raw Foods 101," "Cardiovascular Supportive Nutrition," "Daily Detox & Elimination," "Immune Supportive Foods," and "Men's Health."



REGISTRATION, PAYPAL and MORE INFO AT

www.WellnessByMotherNature.com

Stephanie Austin is an honors graduate of Holistic Medicine specializing in Homeopathy, Iridology and Holistic Nutrition. She has released over 60 pounds and conquered years of junk food addiction through holistic healing and nutrition techniques that she now passes onto others. Through her online business, Wellness by Mother Nature, she empowers people through classes, coaching, workshops and resources to support the innate self-healing abilities of a body in balance. She is a member of the Board of Directors for the nonprofit organization, The Wellness Kitchen and Resource Center of Templeton, CA. As a food advocate and freelance photojournalist for Traveling Homesteader, she enjoys traveling the world, connecting people to their food from seed to table. More info, blog and newsletter available at www.StephanieAustin.com

"Stephanie Austin has the rare combination of gifts of being exceptionally knowledgeable, able to integrate all she knows and reads, sincerely compassionate and open, and a contagious love for learning and life. In just a two hour class she shared a volumes of pertinent information in a fun, engaging manor. She gives practical tips you can start right now as well as the science and statistics to back it up." (Sheila after Candida class)