

# Transforming Womens Lives

**NUTRITION FOR LIFE**  
Workshop

**HEKA HARMONY  
HEALTH**

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MIND | BODY | SPIRIT | PLACE



## **NUTRITION FOR LIFE**

9:30am to 4:30pm

Please arrive 15 minutes early to sign in

Lunch and snacks provided

**\$195.00**

- Emotional eating and how to overcome it
- Eating for optimal well being

## **FIND YOUR HARMONY**

Knowing what you are eating is the key to a long and happy life. When you eat the right food your body will function at its peak, giving you more energy and create a feeling of contentment and strength.

You are surrounded by chemicals in every aspect of your life these days, so by understanding what is in your food you can greatly reduce the amount of chemicals you allow to enter your body.

Come on a journey of discovery that will open your eyes to a whole new way of thinking about what you eat and how you eat it. Learn how to keep your gut healthy resulting in a feeling of optimal health.

Become aware of your emotional eating and learn how to change your attitude to food.

Our friends come and spend time with us for various reasons:

- Personal challenges
- Relationships
- Recovering from trauma
- Self discovery and creativity
- Peace and relaxation
- Health and well-being awareness

**NUTRITION FOR LIFE** is part of a series of workshops created by Heka Harmony for women:

- HEALING HEART ART
- EMOTIONAL FREEDOM - RELEASE YOURSELF
- FINDING YOUR INNER CALM

are also available, please check our website for more details.