

Healthy Women.

Healthy Communities

HEALTH HACKS FOR THE NUTRITION JUNGLE:

Affordable Food Choices for Optimal Health

September 28, 5-7pm

Register by email: shannon@nelsonwomenscentre.com

\$10 suggested donation, all proceeds to the Women's Centre



Addi Strasser is a long time resident of the West Kootenays.

Her practice of 17 years as a Holistic Healer includes specialization in Energy Healing and Holistic Nutrition. She has clients on 7 continents.

