

Glastonbury, CT

WIND HILL COMMUNITY FARM

promoting fresh & local produce

Please join us for great tastings of very healthy food:

THE TASTE OF CLEAN EATING

An Introduction to "Gut Health" and Immune Boosting Techniques

Thursday, Feb. 4, 2016



Presented by: **Krista MacGregor**, owner of Ki-Elements, LLC, and an Integrative Nutrition Health Coach and Reiki Master Teacher, is currently offering a special winter immune-boosting and detox program. Topics to be covered include:

- Creating a Robust Immune System with clean whole foods
- Mindful Eating and Stress Reduction, including a fun activity

Tastings of our super-healthy offerings will be prepared by: Nathan Wagner, formally trained in macrobiotic cooking at the internationally-renowned Kushi Institute and now cooking at the prestigious Red Lion Inn in Stockbridge, Massachusetts.

At Glastonbury High School: Room D108, 7:00 to 8:30 pm

\$20.00 Donation Requested. Snow Date Feb. 11, 2016 BYOBverage Please reserve your place by e-mail:

windhillfarmcom@gmail.com

