



The Secrets of Sugar

Hear about the sweetest knowledge behind the real hype about sugar and how Toronto writer Lisa Codrington and CBC writer Carl Hiaasen inspired Samantha to talk about “The Secrets of Sugar”

Samantha Gerbeau, author of *The ABC's of the Real Treat!* will take you on a one hour journey in finding the fountain of youth!

How young is your mind?
-Decide today to learn from Samantha how to eat good food, become more generous to yourself and the environment, and find the fountain of youth-

- *Learn to sway away from junk food and defeat this age depletory for good!*
- *See how to combat consumerism and its impact on the environment*
- *Learn how to work with the 5W's for buying for real food for children*
- *Hear how to decide “simple is best” decisions for total health and prosperity.*
- *Decide to use the proven methods for affecting the supply and demand market and get more for yourself and the natural environment by buying local fruits and veggies*

Nourishing young minds to eat good food!

\$35.00 per person
Group rates available

To order your next presentation
Call Samantha at 709-753-1144
Email sgerbeau@nf.sympatico.ca