



## WORKSHOP ON RESTORING YOUTH: LOOKING YOUNG, FEELING YOUNG, LIVING LONG

Life's hectic pace has us rushing to keep up with busy schedules, fast moving careers, and full family schedules with little time for ourselves. Are you feeling the days flying by but you want to slow it down? Join Lisa Salvatore, New York Westchester County Intuitive Healer and Certified Nutrition Consultant (CNC), and Meredith Hartlage, Holistic Nutrition Consultant and Adjunct Professor from Pittsburgh, PA, as we discuss the secrets to restoring health and longevity, inside and out. Participants will learn:

- How to feed the body for the greatest anti-aging benefits
- Health benefits of collagen and bone broth
- Recipes and demonstrations
- Simple yet effective beauty techniques to optimize youthful skin

**When:** Sunday July 8th from 1pm-3pm followed by a Q&A session

**Where:** private residence in White plains, NY (\*disclosed upon registration)

**Cost:** \$60 for the class, includes samples, demonstrations and recipes

