

HEALTHY TRADITIONS NETWORK

The Metro Detroit chapter of the Weston A. Price Foundation

Invites you to join us for two special events with SALLY FALLON MORELL

FRIDAY MAY 29, 1:30 PM – 3:30 pm

How to Keep the Value Added Down on the Farm: How Traditional Processing can Bring Prosperity to the Farmer and Farming Community.

DR. TED BEALS will also be joining the discussion. Dr. Beals will do a brief Q & A about the correct level of bacterial counts that pastured milk should have.

This event is geared to those Dairy Farmers who are operating cow-share programs, or are interested in learning more about the growing demand for Whole Unpasteurized Milk (raw milk)

Sally will address the value added economics of Fresh Unprocessed Whole Milk

- o How direct sales can add to your farmer’s prosperity
- o The Farm-to-Consumer Legal Defense Fund
- o The basics of operating a cow-share program

LOCATION

Okemos Branch Public Library
4321 Okemos Rd
Okemos, MI 48864

All are welcome to attend, but seating is limited, please register by leaving your name at info@htnetwork.org or calling 248-828-8494

SATURDAY MAY 30, 9 AM TO 5:30 PM

9TH ANNUAL GROWING CONNECTIONS CONFERENCE

Taking care of YOU!! Balancing your diet, hormones and inner ecosystem

LOCATION

Christ the King's Fellowship Center
16700 Pennsylvania Road
Southgate, Michigan

SCHEDULE

9:00 am – 10:15 am

Eat Fat Lose Fat by Sally Fallon Morell

Low fat dieting got you down? Learn how you can eat fat to lose fat!

10:30 – 12:00

Take back your life by David Brownstein, MD

The miracle of natural hormones

12:00 AM – 2:00 PM

Lunch

Nutritious Gourmet boxed lunches available from Pure Foods 2 U.

Avoid the long lines....pre order your lunch. \$10.00

2:00 PM – 3:15 PM

Getting Gutsy by Marjie Andrejciw, MT (ASCP), MS, NC

How your digestive system influences your overall health.

3:30 PM – 5:00 PM

Breakfast, Lunch & Dinner by Sally Fallon Morell

Getting nutritious meals on the table without giving up on your favorites or breaking your budget

ALL DAY 9:00 AM – 5:30 PM

SUSTAINABLE AND ORGANIC FARMERS MARKET

PRE-REGISTRATION is highly recommended, First 50 pre-registered guests receive an eco-friendly shopping bag. Please register and pre-order your lunch on-line or by phone.

FEES: \$49 if registered by May 25th, \$59 at the door.

FURTHER INFORMATION: To learn more about the classes and speakers or for any questions, please visit www.htnetwork.org or contact 248-828-8494, or info@htnetwork.org.