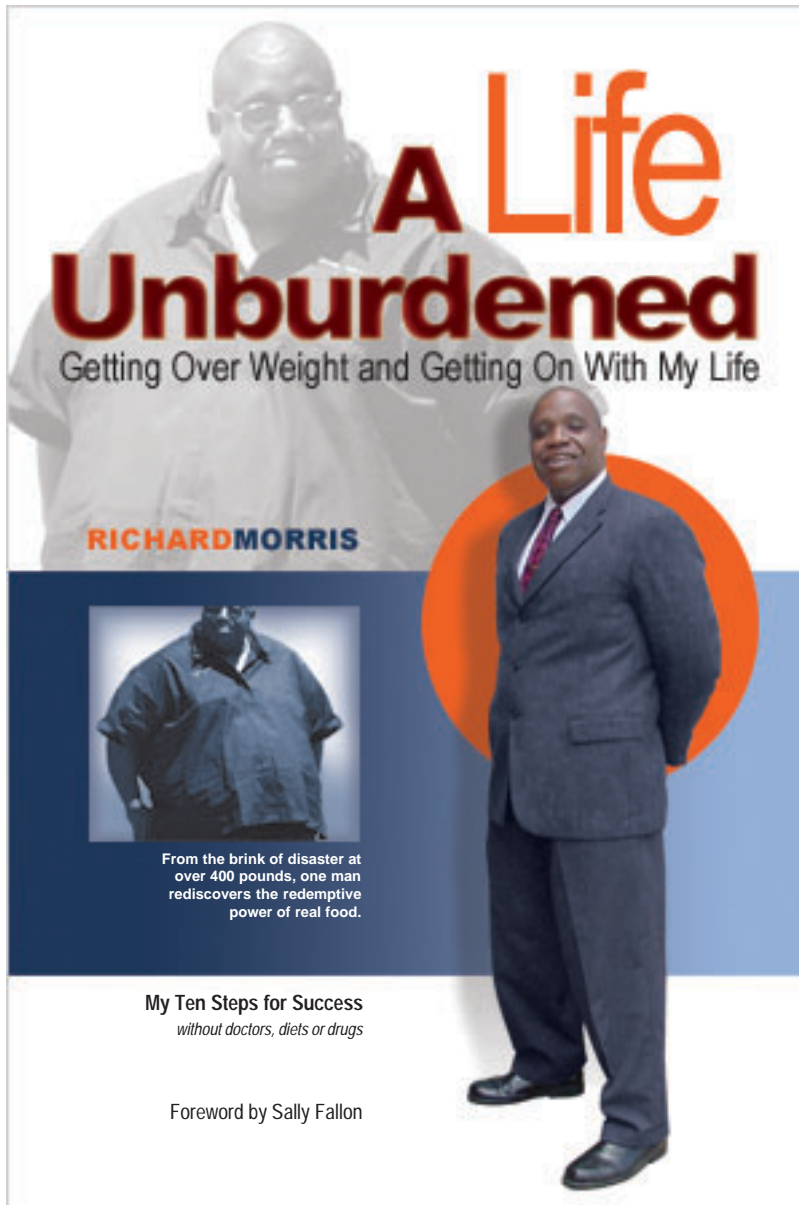


# FROM 400 POUNDS TO A NEW LIFE!

Meet author Richard Morris and hear his remarkable story of the redemptive power of real food.



**Date:** Saturday, April 28, 2007

**Time:** 2:00pm--5:00pm

**Location:**

The Lighthouse on Lake Audubon  
(Home of Keith & Kimberly Hartke)  
2209 Burgee Ct. Reston, VA 20191

Light refreshments will be served.  
Information about Weston A. Price Foundation and healthy food sources will be available.

Books and tapes will be for sale.

Dress Casual and wear comfortable shoes with non-slip soles--the drive way is steep!

**RSVP's** (Acceptances only) are required. Please contact:

**Last names A-J**

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**Last names K-Z**

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If you've ever wondered whether food can heal the body, hear from the man who found an answer to that question, without doctors, diets or drugs.

Richard Morris is an author, speaker, real food activist, and an ardent supporter of fair trade for the family farm. Learn more about traditional foods and suburban homesteading or purchase a book at [www.breadandmoney.com](http://www.breadandmoney.com).