



Healthy Traditions Network Metro Detroit Chapter of the Weston A. Price Foundation

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Now is the time to get healthy! Learn about REAL nutrition, how to make the transition to healthy eating, where to get good local food. Our classes are taught by trained nutrition experts all members of the Weston A. Price Foundation. www.westonaprice.org

Module One: An America Void of Nutrition

- Staggering costs: economic, health and the family
- How we became nutritionally void: what went wrong
- A new definition of health
- A traditional approach to nutrition

Module Two: Basics of Nutrition

- Understanding nutrients and the role each plays in the body
- Factors that impact your body's ability to use nutrients
- Critical nutrient deficiencies and their consequences

Module Three: NO MORE Fake Food!

- Real food defined
- Confusing **bad** food for **good**
- Confusing **good** food for **bad**
- Power foods to get you back on track
- A call to action

Module Four: Making the Transition

- Replacing refined sugars with natural alternatives
- Replacing processed grains with whole grains
- Replacing bad fats with good fats
- Replacing conventional animal foods with healthy animal foods
- Replacing conventional produce with organic produce

Classes now forming in:

Livonia Tuesday evenings 7-9pm. February 10th, 17th, 24th, and March 3rd at Dr. Civello's office on Farmington Rd near 5 Mile.

Lake Orion Thursday evenings 7-9pm. February 26th, March 5th, 12th and 19th at the Community Education Resource Center

Novi Saturday mornings 10am-12pm. March 7th, 14th, 21st and 28th at the Better Health Store

Register for classes on-line at htnetwork.org or call 248-828-8494. All four classes are only \$59.00, this includes a complete set of handouts.