

MIND FORWARD EDUCATIONAL AND SKILLS TRAINING WORKSHOP

Alternative Approaches to Holistic Health - *Live Optimally!!!*

SPEAKER: Linda Kennedy B.A. B.Ed. M.H. Clin.Id. N.K. – Practicing Clinical Iridologist, Master Herbalist, and Nutritional Kinesiologist with over 35+ years of experience in her field.

Please join us to learn: how your eyes can be a window into your health, discover the healing power of plant medicine, and gain a better understanding of how the foods you eat impact your body's ability to function optimally. This Workshop will demonstrate how these therapies are used to provide an individual health analysis along with recommended treatments to improve overall health. As well, this holistic approach will also highlight some preventative measures which can be implemented to prevent future health concerns from arising.



Join Us on: **Wednesday, October 24th, 2018**

7:00 pm to 8:30 pm

Workshop Location: Orangeville Office *Only* – 695 Riddell Rd. Unit # 3, Orangeville, ON

All Mind Forward Educational and Skills Training Workshops are open to individuals with an acquired brain injury, their family, friends and caregivers, Mind Forward staff, community partners/ staff, and interested members of the public. The goal of these workshops is to promote; awareness, education, information, and facilitate and encourage peer support.

All events are FREE and refreshments will be provided. Please contact Ruth.Spencer@mindforward.org, if you require any additional information.