



PRESENTS

Healthy Living Workshop 101

Saturday, February 4th 10:30 – 2:30 pm

Sponsored by *forMe' Med Spa in Wesley Chapel*

Featuring Dr. LindaJoy Rose, author of the *Raw Fusion Living–Healthy Recipes for Mind, Body & Spirit series*, this fun, practical and delicious Workshop blends a “Food as Medicine” approach like Dr. Oz and former President Bill Clinton espouse, with Subconscious Dynamics and Mind Mastery to create long-lasting positive change.

This fun, dynamic and upbeat session includes...

- Experience delicious new taste sensations and guilt-free food combinations, like *Cheezy Spaghetti Siciliano, Succulent Green Smoothies* and *Flourless Chocolate Cake with Raspberry Jam*
- Learn how to prepare easy, healthy and delicious Raw Fusion Meals to fuel your vitality
- Be informed about life-changing facts about processed and cooked foods
- Simple Self-Hypnosis Techniques for establishing positive, life-affirming habits
- Cutting-edge information on anti-aging ingredients to supercharge your mind and body

Just \$50 - Meals, materials and treat bag included!

**Limited space! Call forMe' Med Spa today to reserve your spot
(813) 929-4633**



Dr. LJ Rose is an Author, Therapist, and Wellness Chef & Raw Foods Educator. She is the pioneer of the "raw fusion" movement blending nutritious raw foods with the comfort and convenience of mainstream meals. Featured multiple times on NBC's Daytime Show as healthy living expert, Rose has a Ph.D in the fields of psychology of hypnotherapy and subconscious and is the former Director of Int'l Development for the American Board of Hypnotherapy.
www.rawfusionliving.com, www.drjrose.com, www.fairyline.com