



You Don't Have to be Sick

with Don and Aileen Sforcina

Saturday Afternoon April 29th, starting 4:00 pm:

4:00 pm: ***"You Don't Have to be Sick"*** How to reprogram your genes for health

5:00 pm: Light meal – Soup and bread

6:00 pm: ***"The New Nutrition"*** Raw foods, acid, alkaline balance, fats that heal, fats that kill, Omega 3s & 6s, mood foods, foods that help ADHD, allergies, asthma & arthritis

Sunday April 30th, starting 10 am:

10:00 am: ***"Answers to Cancer"*** Facts, fallacies & latest research/reducing your cancer risk

11:15 am: ***"Super Foods for Super Health"*** Anti-oxidants, phyto-chemicals, supplements, etc

12:30 pm: Lunch

1:30 pm: ***"Fountain of Youth"*** Where do you find it?

2:45 pm: ***"Minding Your Mind"*** Depression, anxiety & dementia, solving sleep problems

Health educators and lifestyle coaches, Don and Aileen Sforcina have been motivating audiences Australia-wide for over 20 years with their 'Jump into Health' program. They provide strategies proven world-wide to be protective against killer diseases like cancer, diabetes and heart disease. Hundreds of Australians have been helped to live healthier lives.

Bring your family, bring your friends and discover how to 'Jump into Health' too.

Registrations essential for:

- Saturday afternoon April 29 – FREE
- Sunday April 30 - \$24.00

Venue: Steps to Life, 15 Industrial Park Dr., Lilydale 3140
Dates: Saturday April 29th & Sunday April 30th
Bookings: 03 9739 4093 RSVP by Friday April 21st.
Cancellation: No refund given unless notified by April 21st.
Website: www.steps.org.au

