



body of
knowledge
healing arts

FALL 2009 WORKSHOPS

LIGHTEN UP™ GROUP

8-Week Medically-Supervised Group Weight Loss Program

- o Focus on your health, not gimmicks or fad diets
- o Learn how to lose weight & keep it off
- o Stay motivated & on track with group support

* *Lighten Up™ Group can be done on its own or concurrently with the one-on-one Lighten Up™ Program*

Tuesday Evening Sessions (with *Jaty Tam ND*)
Begins: Oct 13th, 7:00 - 8:30pm

Thursday Afternoon Sessions (with *Jennifer Baer, ND*)
Begins: Oct 15th, 1:00 - 2:30pm

Cost: \$275 +gst (Must pre-register by Oct 9th)



NUTRITIOUS & DELICIOUS

5-Part Seminar Series on Healthy Eating

- o Explore key concepts in healthy nutrition
 - o Learn great recipes and cooking tips
 - o Fit healthy eating into your schedule
- * *Nutritious and delicious samples at each session.*

With *Jennifer Baer, ND & Trained Chef*

Every Other Wednesday

Begins: Oct 14th, 6:30 - 8:00pm

(Classes: Oct 14th, Oct 28th, Nov 11th, Nov 25th, Dec 9th)

Cost: \$199 +gst (Must pre-register by Oct 9th)

**SPACE IS LIMITED | SIGN UP TODAY!
CALL 416-783-1800**

Our services are covered by most extended health care plans

1068 Eglinton Ave W. 416.783.1800 www.bokhealingarts.com