

Menu Options & Choices: Working with the Mind and Heart

by

[Mind-Body-Science](#) and [Intestinal Health Institute](#)

November 3 2014, Monday, 5:30 – 8 PM

This workshop will include a presentation by Sheila Shea, MA, Intestinal Institute, about how various diets and menus incorporate the different food groups – that way you'll have the information to choose which diets are right for you. Dr. Ann Baldwin will then teach you a meditation technique to help you access your intuition and tune into which foods your body really needs.

A movement/exercise session and a healthy snack are also included.

Cost: \$39

Location: Central Tucson (Fort Lowell & Columbus)

Take care of yourself!

To Register Now

Go to: www.mind-body-science.com and click on 'Upcoming Workshops'

OR

Call or email Ann Baldwin PhD
520-795-4048

abaldwin@mind-body-science.com

Call or email/text Sheila Shea MA
520-325-9686

intestines@sheilashea.com