



APRIL  
2010

# Get Lean, Get Cooking!

Learn how to integrate fabulous whole foods for peak performance and sustainable weight-loss!

Judy's playful approach to natural food preparation will have you flying through the kitchen... loving the results.



**Dates:** April 7 - Gluten-free Grains  
April 14 - Global Greens & Veggies  
April 21 - SuperFood Snacks  
April 28 - Peak Protein

**Time:** 6:30 - 8:30 pm

**Cost:** \$180 for all four classes or \$55 per class (+gst)

Recognized by BCRPA & CSNN for CECs & practicum hours.  
CSNN student rate of \$35.00 per class (+ gst)

## Location:

Terra Breads Falsecreek  
Test kitchen (2nd Floor)  
53 West 5th Ave (5th & Ontario)  
\*Enter through administration door next to cafe

## To Register:

Call: (604) 250-9999  
Email: [info@dynamicbynature.com](mailto:info@dynamicbynature.com)  
On-line credit card: [www.dynamicbynature.com](http://www.dynamicbynature.com)  
Pay in-person: cheque or cash.



## About Judy:

Judy Chambers RNCP, CPT is a graduate of the Canadian School of Natural Nutrition and an internationally certified athletic trainer. Judy's powerful system blends the principles of Eastern medicine with the research of modern science, adapted and tailored to function in the Real World. A unique approach that will help you achieve peak metabolism and vibrant health for life. Judy is also a playful gourmet chef who infuses wholesome foods with taste and style!

**SPACE IS LIMITED SO REGISTER TODAY!**