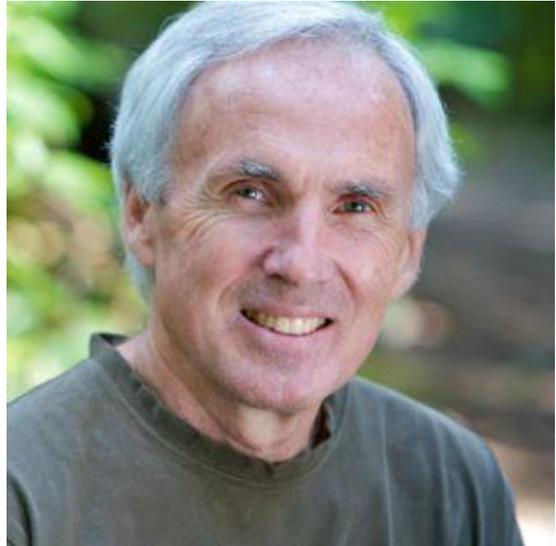


## Tasty Gatherings Presents Phil Brewer

### From Silver Hills Spa Lumby British Columbia

#### Phil Brewer

Phil is the founder and director of Silver Hills Guest House established in 1984. Phil and his wife, Eileen, are committed to revealing nature's better way of caring for you. Phil believes that nature does her work wisely and well and if you learn her ways you will reap the rewards in body mind and spirit. Phil has taught thousands of people Nature's Better Ways of Caring for You. Guests tell stories of going home with more energy, feeling more relaxed, feeling healthier, and more inspired to self care Nature's Way. The Silver Hills Guest House is a full-service Spa resort located in the beautiful Okanagan Valley of British Columbia offering lifestyle change programs and serving delicious vegan and vegetarian gourmet meals. Full info online at: [www.silverhills.ca](http://www.silverhills.ca)



**On March 19, Phil Brewer, the founder of Silver Hills Guesthouse** ([www.silverhills.ca](http://www.silverhills.ca)) where natural remedies promote health, wellness, hope and healing, is coming to Onoway. As part of the *Silver Hills on the Road* series, Brewer will be discussing and demonstrating how to use hydrotherapy and natural remedies to combat sinusitis (inflamed sinuses), and problems with digestion. This is part one of a two-part series, an in-depth hydrotherapy course with some of the techniques used at the popular Silver Hills Spa in Lumby British Columbia. At this lecture, Brewer will demo and have samples of some of the mouth watering food choices served at the spa. Cost is \$25.00/person/ \$45.00/couple

**On April 9, 2017,** Brewer returns to present the second part of the Silver Hills lecture; providing relief for insomnia and stress. Again, a very in-depth course in hydrotherapy and the use of healing herbs. It is amazing how the use of water applied the right way can relieve pain and discomfort. At this session participants, will be treated to a full vegan Supper provided by the Silver Hills Spa. Cost is \$30.00/person/55.00/couple

Take charge of your health and sign up for these classes and lectures today. Please register early to secure seating. For more information or to register, call Evangeline at 780-967-5461 or email [tastygatheringsdinnerclub@gmail.com](mailto:tastygatheringsdinnerclub@gmail.com) . Registration cheques can be mailed to Onoway Seventh-day Adventist Church PO Box 660 Onoway AB T0E 1V0.

*Tasty Gatherings Dinner and Wellness Club is a community service sponsored by the Onoway Seventh-day Adventist Church, 2026 Hwy 37 Onoway.*