

TASTY GATHERINGS



A Dinner and Wellness Club

Home Remedies; Simple and Natural

Part 1

Presented by Phil Brewer

Founder & President of Silver Hills Guesthouse & Lifestyle Makeover Coach www.silverhills.ca

Phil will demonstrate the use of natural healing techniques including Heating Compresses • Cold Mitten Friction Ice Massage • Hot Foot Bath • Fomentations Wet Sheet Pack • Effective Use of Garlic, Charcoal & Cabbage Juice

Topic: SINUSITIS & DIGESTION

Sunday March 19, 2017 at 1:00pm

Cost 25.00/person, \$45.00/couple

includes demonstrations and sampling some of Silver Hills Spa cuisine

Onoway Community Center 4920 49 Ave, in Onoway AB

Please register by March 14, 2017.

Call Evangeline at 780-967-5461

email: tastygatheringsdinnerclub@gmail.com

Registration Cheques can be mailed to: Onoway Seventh-day Adventist Church PO Box 660 Onoway AB T0E 1V0