Is your 2012 New Year's Resolution to

Make Healthier Choices?

Serve your family healthier food?

Teach your kids to make smart decisions?

Learn how your food choices affect the planet?

See the movie trailer at
www.foodincmovie.com

Food Inc

3 free showings at Horizon Hills Multi-Purpose Room (MPR) 33 Greta Street, Thousand Oaks

- **Thursday, February 2, 2012 9:30-11:30**
- **Thursday, February 2, 2012 7:00-9:00**
- **Friday, February 3, 2012 9:30-11:30**

Let's make 2012 the year we start to take better care of ourselves and our planet and help create a better future for our children.

Nutritional Panel Discussion as a follow-up to the DVD:

Wednesday, February 8th, 2012 7:00-9:00

Horizon Hills Multi-Purpose Room, 33 Greta St, Thousand Oaks

Carol Beard, Training & Coaching Specialist, Gerson Institute

Gerson Therapy is a powerful, natural treatment that activates the body's own healing mechanism through consuming organic vegetarian foods and juices, detoxification and natural supplements.

Stanley Organ, D.D.S., Dentist, Nutritionist

Dr. Organ practices holistic dentistry with the latest high-tech dental techniques. Having done extensive research in health and nutrition, he educates patients in how their overall health contributes to good oral health.

CVAS Parenting Program at Horizon Hills
33 Greta Street
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