

Awareness Series

Usefulness of an Energy Diet



Free Class *Monday*
August 2, 2004
5:30 P.M. — 6:30 P.M.
Location: MultiCare Campus
Call for specific location
253.272.4013

Facilitated by:
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Visit our web sites at www.nwcwb.com
www.icdiet.com

- *Eating for your energy pattern*
- *See foods as vibrational frequencies*
- *See how foods harmonize with your own vibrational frequency*