

# *Growing Connections Conference*

**Taking care of YOU!!** Balancing your diet, hormones and inner ecosystem

At the Christ the King's Fellowship Center,  
16700 Pennsylvania Rd., Southgate  
May 30th, 2009, 9:00 am to 5:30 pm

**Low fat dieting got you down? Learn how you can eat fat to lose fat!**

*By Sally Fallon -Morell*

9:00 am ~ 10:15 am

**Take back your life - the miracle of natural hormones.**

*By David Brownstein, M.D.*

10:30 am ~ 12:00 pm

**Lunch**

12:00 am ~ 2:00 pm

Nutritious gourmet boxed lunches available from Pure Foods 2 U.

***Avoid the long lines....pre order your lunch. \$10.00***

**Getting Gutsy ~ how your digestive system influences your overall health.**

*By Marjie Andrejciw, MT (ASCP), MS, NC*

2:00 pm ~ 3:15 pm

**Breakfast, Lunch & Dinner - getting it done without giving up on your favorites.**

*By Sally Fallon-Morell*

3:30 pm ~ 5:00 pm

**Sustainable and Organic Farmers Market**

9:00 am ~ 5:30 pm

Pre-registration is highly recommended, First 50 pre-registered guests receive an eco-friendly shopping bag. Please register and pre-order your lunch on-line or by phone, \$49 if registered by May 25th, \$59 at the door.

To learn more about the classes and speakers or for any questions, please visit [www.htnetwork.org](http://www.htnetwork.org) or contact 248-828-8494, [info@htnetwork.org](mailto:info@htnetwork.org).