



# HEALTH ON THE PRAIRIE

## A Free Lecture Series

Sponsored by Swanson Health Products,<sup>®</sup> iHealthTube.com,  
and totalhealth magazine.

Presenting

# Mary Wong

Food Consultant

*Mary Wong has worked in the nutritional and natural health field since the 1970s. She has worked as a food consultant, a nutritionist and as an herbalist in California for the last ten years. Since 2005, Mary has been working on Ph.D.s from Clayton College of Natural Health in Naturopathy and Nutrition and has completed study with ten individual Master Herbalists through Herbal Mentoring Practicums.*

### Thursday, October 9 • 7:30 pm

Vibrant Longevity

- Antioxidants
- Energizing your days
- Strong muscles/good nerves
- Super immunity

### Thursday, October 23 • 7:30 pm

Body Image/Beauty From the Inside Out

- Mirror Mirror—Do you see the real you?
- Self-Esteem—Mental and spiritual confidence
- Basic Beauty Diet—Exercise, food, meditation

### Thursday, October 30 • 7:30 pm

The Connection (Thyroid—Stress—Cortisol)

- Defining thyroid, stress, cortisol
- The basic functions of hormones
- How lifestyle effects hormones
- Nutritional solutions



At **The Spirit Room: 111 Broadway** (next to Swanson)

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